



LAMBDA

Laurentian University's Bilingual Student Newspaper
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Women's Soccer Comes To An End (but only for a year!)

... See Page 10

FACE YOUR
FEARS

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The Reasons For the Varsity Sport Cuts

by Oliver Curwen
Staff Writer

As an L.U. student, I was...shocked to learn, over the summer, that several Varsity Sports Teams had been axed. I was not in Sudbury over the summer, but learned nonetheless that the following had been cut: Men's and Women's Track and Field, Men's Volleyball, Male Cross-Country Running and Men's Hockey; while at the Women's Soccer Team had been added. Now, although many decisions at Laurentian are made without the students' approval, this was one of the most far-reaching in recent memory. I was sure that there was a logical reason for this and decided to go to the source of the cuts to hopefully get an answer. I was granted an interview with Mark Hazlett, Chair of the Department of Athletics, who could hopefully shed some light on this matter.

A common perception among students (this author included) is that the teams had been cut for fiscal reasons. In this day and age of the slash-and-burn techniques of the Harris government, one starts to think that all decisions are made around money. That's not entirely true for this one. As Mr. Hazlett explained to me, there were many criteria decided upon by a committee made up of members of the Athletic Department, Ivory Tower (not his words), students, alumni, and even members of the community. This committee, called the Inter-University Athletics (IUA) Working Group, met in February 2000 to discuss the fate of the Varsity Sports Program. As a number of the teams were not fiscally attractive, it made sense for all the teams to be examined thoroughly with a con-

sensus to be reached by the IUA on the fate of those teams. These criteria assessed included, but not limited to: if the team is able to stay afloat financially, the level of the coaching, the team's performance, the team's future, the ability to draw fans, not to mention new talent. These criteria were then applied to all teams under review and they were ranked. If all the teams met all of the criteria, then there should have been no cause for alarm. However, this was not true. On the positive side, Soccer, Basketball, and Swimming continue to draw many fans, both on and off campus (away games and playoffs), not to mention their excellent coaching, ability to attract new talent and perform consistently. On the negative side, the Men's Volleyball team posted a dismal record and poor attendance, while Men's Hockey had a similar record, with even poorer attendance. Things did not look too good for them. It was therefore decided in May that the Varsity Program would be whittled down to the following nine teams: Men's and Women's Basketball, Men's and Women's Swimming, Men's and Women's Soccer, Men's and Women's Nordic Skiing, and Women's Cross-Country Running.

From a variety of sources learned that the Varsity Hockey team was deep in a hole - in the neighbourhood of six digits (!). In 1992, the Hockey Team had been reviewed and despite their record, they had been allowed to continue to play, as long as they could raise sufficient funds on their own. This was achieved for a short time, but the team continued to lose money and games. A sh*tty record is a poor way to draw fans and new talent and, as Jackson MS's



Just Another Victim...

amateurscout Glen Sommerville said of Sudbury, "if you can get 100 fans out to a local hockey game, you're doing great." Seems the Hockey Vees couldn't even do that. I'm sure that having the Vees' arena off campus didn't help attendance. However, there are also two other hockey teams in town, built up of local talents and with better records than the Vees. I'm not a hockey fan, but if I wanted to see a hockey game in Sudbury, I would rather see a Wolves game than the Vees. Contrast this with other Vees teams such as Basketball, Soccer, and Swimming which are the best in town and you can see how the IUA decided whom to cut. Let's face it - with governments giving less and less money to universities, combined with a decrease in enrollment, less money was available to give to the Varsity Sports Program. This meant something had to go. As a result of cutting some teams, the IUA decided to reinvest this "new" money in the remaining sports. This means that the funds were no longer too thinly spread and we could ensure a consistently high

performance level from our athletes. Also, there is no longer an admission charge to many of the sporting events - at least, not for students. This has the effect of drawing more fans, which gives the athletes a boost when playing. The reason the Women's Cross-Country Team is still around is that it is now privately funded from outside the university, while it is still subject to OUA rules and regulations, it no longer gets its money from L.U. So, the Hockey, Volleyball and Cross-Country Teams were cut for failing to meet the above criteria, but the Women's Cross-Country was saved. The private sponsors most likely did not want to support the men's team for their own reasons.

The reason the Women's Soccer Team was added this past year is that it was already a large team, and harking back to 1992's meetings, gender and equity was to ensure that there would be male and female teams for all sports offered. As Men's Soccer was doing well, why not add Women's? It has certainly helped draw numerous female soccer players to L.U. who would have gone

elsewhere without it. Good talent increases attendance, which in turn, increases L.U.'s exposure province-wide as a contender in those sports.

To all those students out there who complain(ed) about a sport's being cut and did/do not attend the games, you are partly to blame. By not attending the events, this gives the IUA another option when they review a team, unless of course you would like to donate your money to the team in lieu of attending. Taking a pot and a friend to an event ensures your presence is seen and heard and will make it harder for the IUA to axe the team(s) in the future. I side with the IUA's decisions - they were tough, but fair. The biggest problem I have with the move is that the university did not adequately inform the public, but more importantly, the students. Better public and media relations should be at the top of their next meeting's agenda.

A final idea to support hockey: there is space for an arena on campus, behind the soccer pitch on that gravel area. Well...either a hockey team or Toronto's garbage. Hmmm.....

CFS Critique of Federal Candidates

by Ryan Gibbs
Assistant News Editor

With a federal election called for Monday, November 27th, party leaders have made visits to universities in Southern Ontario in hopes of appealing to young voters. In response, the Canadian Federation of Students (CFS) has critiqued party policies regarding education and has delivered what it considers a "reality check."

Liberal leader Jean Chrétien spoke favourably of his government's Millennium Scholarship Fund, claiming it leads to "expanding opportunities." But the CFS argues that \$2.5-billion Scholarship represents only one-third of the \$7-billion the government has cut from higher education since 1993. They attribute tuition fee increases of 126% and average student debt of \$25,000 to federal government cuts.

The CFS further denounces the achievements of the Scholarship by noting that in provinces like Ontario and Nova Scotia, the funds are diverted into provincial treasuries.

They also point out that the denial of funds to first-year students, does not assist students who wish to enroll in post-secondary institutions, failing to address problems of accessibility.

Michael Conlon, National Chairperson of the Canadian Federation of Students, affirms: "Chrétien talks about this boutique program as a cure-all for accessibility and for the student debt crisis, but the Millennium Fund helps only a small minority of students and does little to reduce the debt loads of young Canadians."

The CFS further criticizes Canadian Alliance leader Stockwell Day for his "brain drain" theory, which attributes for the emigration of Canadian workers to the United States to high taxes in Canada. But according to a recent survey of high-tech workers, by Price Waterhouse Coopers and Computer World Canada, taxes scored low on a ranking of factors affecting an employees decision to relocate.

The most important factor

listed in the survey was "respect by a supportive and effective management team." Other factors greatly considered include health benefits, access to training, and access to latest technology. Tax levels were ranked at number 18 on the list.

The results of this survey are consistent with a study conducted last year by the Canadian Association of University Teachers. The study concluded that the emigration of professionals to the United States, "seems to be motivated less by tax considerations than by employment opportunities."

"The Canadian Alliance's rhetoric on taxes just doesn't stand up to the facts," argues Michael Conlon, "If Stockwell Day is really concerned about the 'brain drain' then he should examine empirical data and defend publicly funded health care, education and training."

The upcoming federal election sparked politicians' interests in education and the CFS' criticisms of the sincerity of their concerns.

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The Movement of Sound

CKLU's Annual Funding Drive Wraps Up Short of its Goal

by CKLU Staff
contributors

As the last notes of 'O Canada' droned into the wee hours last Monday morning, the third annual on-air funding drive at CKLU drew to a close. And after the costs are subtracted from the pledges which are honoured, it looks like CKLU will come up with about \$8,000 in revenue. Not bad, but short of what the station needs—and short of what it earned in similar efforts in '98 and '99.

This year the station had set its sights on raising \$20,000 from its listenership; up from last year's goal of \$13k and an \$11k goal the year before. Dylan Callens, the drive's co-ordinator pointed out that the drastic increase was intended to demonstrate the real need for an infusion of cash this year.

CKLU, which has endured at least 13 years in a crumbling portable classroom plopped in a parking lot back in the sixties, has its foot in the door of a space within earshot of Lambda's home in the Student Centre. The opportunity for the relocation, the Movement of Sound as it were, was made possible as the efforts of Callens and volunteer lobbyists came to fruition. The increased generosity of listeners would have made the move into the new space a simpler feat.

For the record, CKLU, like Lambda, receives \$10 per SGA member per school year which amounts to about \$30,000. The station, in its fourth year of FM broadcasting, can scrape by with the money it gets from SGA students. It's the money it raises outside of the university's walls that make the difference. The on-air pledge drive, concerts, raffles, Ne-



vada tickets, sponsorships and advertising make up the balance of the funding which allow for the replacement of equipment and the reduction of long-term debt.

One of the big draws during the Movement of Sound, was the Big Rude Jake concert in The Pub DownUnder. Big Rude Jake, a Canadian swing musician who recently moved to New York and signed with Universal Music, put on a great show while CKLU tried for more donations. The concert did bring in a pretty good crowd as Jake is a pretty different style than the university is used to. He played a long set which included stories about the origin of such songs as Queer For Cat, Dinner With the Devil and Blue Pariah and impressed the crowd. CKLU on the other hand had hoped for a bigger crowd and more station support, but once again fell short.

Proceeds from this year's pledge drive, which targeted the non-SGA and non-LU listener, were intended to support three initiatives. The first being the relocation costs of the studios into the University complex. Second, the elimination of a long-term debt that CKLU has with Laurentian administration. And finally the near elimination of audiotape as a medium in radio production made possible by a switch to computer-based editing.

What remains to be seen is

what will last week's shortfall mean to CKLU's future? Carl Jorgensen, the station's volunteer Operations Director explained that in the extreme short term, it means CKLU fund-raisers will have to quickly get back to work creating new ways for the station to make money. As far as the relocation plans, Jorgensen indicated that those will go ahead regardless but not all the planned changes will be possible before the move begins—some things will just have to wait for new funds to be raised. The chunk of debt that station directors wanted to slice off will similarly have to wait, perhaps until after April of 2001.

Despite the shortfall of the Movement of Sound, the switch to editing and presenting sound on the hard-drives of simple desktop computers has already started. In fact, thanks in part to the falling prices on the highly capable Apple iMac computers, the conversion should be complete before the station volunteers start setting up their new home planned for February or March of next year. In fact, one of the new sound-editing iMacs was put on display as part of LU's Open House last weekend.

Listeners who made a pledge during the Movement of Sound can honour that pledge and pick up their t-shirts or other freebies at CKLU anytime during business hours.

Laurentian Appoints New Executive Director of Laurentian Enterprises

LU Press Release

Dr. Jean Watters, President of Laurentian University, is pleased to announce the appointment of Mr. Ron Purcell as Executive Director of Laurentian Enterprises (formerly Laurentian I.N.C.). Laurentian Enterprises is an entrepreneurial, revenue-generating arm of Laurentian University that provides access to the University's educational resources and consulting expertise. It was created by the University as part of its efforts to become the most innovative university in Ontario by the year 2003 and to participate in building the new knowledge-based economy in Northern Ontario.

As Executive Director of Laurentian Enterprises, Mr. Purcell will be responsible for developing advanced learning programs in the areas of personal and professional development, and life-long learning, as well as spearheading research commercialization. Laurentian Enterprises will provide high-quality and value-added services to a diverse clientele by developing partnerships and synergy with other post-secondary institutions in the North, including Cambrian College and Collège Boréal, as well as with other organi-

zations and industry players.

Mr. Purcell, a Sudbury resident, obtained his B. A. in economics from the University of Victoria and his M. B. A. from the University of Western Ontario. During his 25-year career in banking with the Bank of Montreal, he worked throughout Canada in cities such as Vancouver, Prince George, Toronto, Hamilton, and Sudbury. As Vice-President for Northern Ontario, from 1995 to 1999, Mr. Purcell was responsible for the Bank of Montreal's commercial and personal business across the area.

While benefiting from a wealth of knowledge in the business sector in Sudbury and Northern Ontario, Mr. Purcell is well-known in the University community for his involvement on Laurentian's Board of Governors from September 1996 to October 3, 2000. He was Co-Chair of the local component of Laurentian's successful Coming of Age capital campaign, and is currently a member of the Board of Directors of the University's Mining Innovation, Rehabilitation and Applied Research Corporation (MIRARCO). Last spring, Mr. Purcell was a facilitator of the New Way Forum's "Accessing Capital Workshop."

"Laurentian is a critical contributor to Sudbury and Northern Ontario in the social, cultural and economic areas," said Mr. Purcell. "My knowledge of the business world and of the University will enable me to increase Laurentian's presence and availability to the business community, sharing our teaching and research skills, and developing market-driven programs. I want to work with the local business community to exploit commercial opportunities in Sudbury, Canada, and the world."

"I am pleased to welcome Mr. Purcell to Laurentian Enterprises," said Dr. Jean Watters, Laurentian University President. "Laurentian will greatly benefit from Mr. Purcell's knowledge and experience at the University. His strong business background will bring a new perspective to the entrepreneurial initiatives that Laurentian University will bring forward in the coming years. I am confident that through his leadership, Laurentian Enterprises will enable Laurentian to become a key member in building the new knowledge-based economy in Northern Ontario, and to play a leadership role in constructing a vibrant and suitable socio-economic community."

News Briefs

Honorary Degree to Be Awarded

Laurentian University will award honorary doctorate of Science to Dr. Anthony J. Naldrett during the Fall Convocation, to be held on Saturday, November 4, at 2 p.m., at the University's Fraser Auditorium.

Dr. Anthony J. Naldrett, who retired from teaching in 1998 from the University of Toronto, is the world's foremost authority on the geology and origin of nickel-copper-platinum group element deposits, particularly those in the Sudbury Basin. A Fellow of the Royal Society of Canada, he received numerous honours and awards from Canadian and international scientific societies. During his 35-year career, he has served on numerous Canadian and international scientific committees and boards.

Dr. Naldrett, the editor or co-editor of several scientific journals and publications, has published hundreds of scientific articles, including 26 papers and 10 book contributions specifically on Sudbury. His academic work has had a profound impact on our understanding of Northeastern Ontario's ore deposits.

LU Student Receives Metallurgical Scholarship

Lionel Magumbe, a graduate student in Mineral Resource Engineering at Laurentian University, was recently awarded the Materials and Manufacturing Ontario's Industrial Masters Practice Scholarship. Valued at \$27,000 per year for two years, this scholarship seeks to expand the horizon of the graduate student by showing him or her how to apply the scientific method to the solution of engineering problems in a manufacturing environment.

Lionel Magumbe, who was awarded a Bachelor of Engineering from Laurentian University in 1992, has accumulated a wealth of experience in the metallurgy sector of the economy. He was recently Senior Plant Metallurgist with Bindura Nickel Corporation and Plant Metallurgist at Mhangura Copper Mines, in Zimbabwe. He plans to put his professional experience in the areas of process optimization of the pressure leach process to good use, and will relate his graduate-level research in the needs of the mineral industry.

With the support from Materials and Manufacturing Ontario, Lionel will pursue his thesis project entitled "Optimization of the Leaching Circuit at St. Andrew Goldfield." This research project seeks to optimize the gold leaching circuit at St. Andrew Goldfields, which will result in improved efficiency of the leaching process and increase the plant's overall gold recovery. St. Andrew Goldfields operates a custom gold milling plant in Matheson, located about 60 km north of Timmins. The plant treats gold ores from a variety of clients along with ore from its own mine.

Lionel Magumbe's thesis supervisor is Dr. Akram Alfantazi, and Engineering professor at Laurentian University who specializes in pressure teaching and hydrometallurgical technology.

The Materials and Manufacturing Ontario's Industrial Masters Practice Scholarship, which is dependent on cash and in-kind contribution from an industrial partner, seeks to enhance the ability of industry to develop new and improved products and processes, and increase technology transfer and dialogue from universities to industry. It also favours an increase in academics' knowledge of the needs in industry for support from practitioners of basic engineering and science, and seeks to increase the number of highly qualified engineers and scientists available to the Ontario manufacturing industry.

URGENT NOTICE

To All Students Planning to Travel During Christmas



Due to the consolidation of airlines, there are fewer seats this year. All students are therefore urged to book their flights NOW to avoid disappointment later.

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Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words.

Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.

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EDITOR'S CORNER...

Everyone has a Ghost Story...

by Mat Thompson
Editor In Chief

Everyone, at one point or another, has told a ghost story. Some stories are ones passed down from family members about a relative, some stories are about the ever so infamous friend of a friend of mine, and some stories are personal stories about something that happened to the story teller. All my friends love to hear the story about the old theatre I worked in when I was in highschool. Most get scared, but they all love it. So kiddies, instead of my usual editorial, turn down the lights, lock the doors and sit back... it's time for a ghost story.

Most of you have never been to Sarnia (lucky you), but in the centre of town was a theatre in which I was an usher from 1989 until it closed in 1993. The Cinema Centre was a triple theatre that used to be an old garage. I worked as an usher and after a year or so, I was the weekend cleaner. The job was pretty normal until one day my friend Corey (another usher) and I were asked to clean a storage room above theatre #1 that had not been cleaned or entered for at least six to eight years.

The room was only accessible by a 20-foot ladder, and upon entering Corey and I noticed some pretty creepy shit. Not only was the room covered with dust, but the room was damn cold and the walls were covered in advertising material for about 50 different horror movies. This could just have been a decorating decision by past employees, but some of the ads were for movies I had worked at the theatre, and I know no one ever went up there. Corey and I joked the whole time we were in there, pulling down posters, throwing out everything and cleaning it up for storage of files. We never thought anything of it until the next week.

As I was cleaning the theatres, I noticed a bunch of files at the front of the theatre. I figured they were just more files to be put away, but once I got into the room I noticed all the files were trashed and there were posters up again. Figuring Corey had just been screwing with me I went on to clean.

Many times that day, and every weekend after, I heard people entering the theatre by the front door, running up the stairs to the box office and slamming doors in the projection area. Most times I would go upstairs and see if it was my boss, but every time, the theatre would be locked and

empty. I never discussed this with Corey as I figured that he would call me insane.

I continued cleaning on Saturdays and gave up Sundays to Corey. I continued to hear the noises and started noticing someone looking at me out the projection windows. The face was never clear, but it would watch me in the theatres, usually disappearing after a few seconds. I would call out, go upstairs or just hope I was imagining it, and every time I looked into it, there was no one around.

After a particularly freaky weekend of cleaning I asked if Corey wanted to combine our shifts and clean together on weekends. This is when the shit hit the fan! Not telling Corey about the weird shit, we started to clean. We set a radio in the hallway on full blast so we could both hear the music in the theatres we were in. After about 20 minutes of cleaning, the music shut off. We both yelled at each other for shutting it off, then went into the hallway to find the radio unplugged about 20 feet from the plug as if it had been thrown there. After swearing that we didn't do it, we started swapping stories.

Everything that I had experienced had happened to Corey too. Footsteps, slamming doors, faces watching him, and strange sounds in Theatre 1. We were both freaked and started to clean Theatre 1 together. As a joke, Corey threw a bag of popcorn and a full drink into the overhanging storage room asking if the ghosts were hungry. We cleaned the theatre perfectly, closed the doors and left. That night, when we arrived to usher, our boss yelled at us for leaving spilled pop and popcorn all over the front of Theatre 1. We went to investigate and saw the pop and popcorn all over the floor at the front of the theatre, right under the door to the storage room.

Every week it got worse. We would see people running down the hallway to other theatres, catch a glimpse of people sitting in dark theatres only to have them disappear when the lights came on, and our personal effects always being destroyed (bike tires, lunches, radios, etc...). We spoke to my boss about it and all he told us is that weird stuff always happened around there and left it at that.

Not convinced to just accept it, the morons that we were, we decided to start to talk to the ghost or ghosts. When we saw the face, we would call out or stare back. Usually it would disappear, or sometimes it



would stay and stare longer. One time, I yelled at a figure in the hallway which turned and looked at me before disappearing. Corey's bright idea was to constantly talk to or yell at the storage room which we figured was the centre of the problem. He would throw shit in just to have it tossed back, or he would make me clean the theatre with him since we figured we had strength in numbers.

One week when the stuff got really bad, we basically told the ghosts to prove who was stronger. We sat in Theatre 1 waiting for an answer, but one never came. We cleaned the theatre and went on to theatre number two and three. We cleaned the theatres with all the exits propped open by brooms so there would always be an escape route. All of a sudden we heard the running footsteps louder than ever. I was in theatre 2 and Corey was in 3. I turned to ask him if he heard it, but before I could, the doors slammed closed in both theatres (7 exits to be exact) and the power went out. Now the power going out could be explained, but the doors all slamming at once was a little freaky. We made our way to the hallway between the theatres still hearing doors and running. We were just about to leave when the lights came back on and we caught a glimpse of someone running into Theatre 1.

We figured we were screwed no matter what so why not chase it in. As we ran into Theatre 1, we came across the scariest thing ever. The theatre was trashed. Pop, candy wrappers, napkins and more popcorn than you can imagine were all over the floor, seats and walls. Sure, the theatre usually looked like this after a busy night, but as I stated before, we had already cleaned that theatre and closed it up. That was it for us. We ran like hell.

When we came in later for our ushering shifts we told our boss what happened. He laughed at us and told us not to be so stupid... the theatre was clean. From that day on, we just accepted what would happen. Theatres would sometimes have to be cleaned twice, we would greet the figures and faces nicely, and finally we went back to the storage room.

Nothing we threw into the room was in there. The room was a mess, which we left, but we also left something else. Corey and I plastered the walls with every horror poster we could find. We apologized

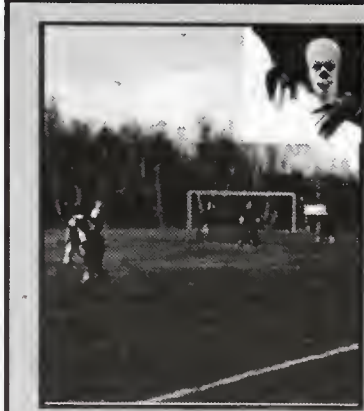
as we left and hoped things would be better. We both continued to clean and still saw the faces and figures, but nothing was ever really upset or destroyed again when we cleaned.

Later, our boss would finally tell us of the things he had encountered along with the cleaners before us. One strange thing that we figured out was nothing ever happened to any of the female workers, only the guys. And the funny thing was most of the stories were nearly the same.

In 1993, the theatre was shut down and Corey and I were hired to gut the theatres for the company. We cleared out the whole place of all equipment, seats, screens and everything else the company owned. When the day came to clear out the storage room, we refused. Not understanding why, the guy in charge told two other guys to do it. They gutted the room, ripped up the posters and threw out everything. Figuring there would be consequences, Corey and I left and never returned to the building.

The building sat vacant for a few years until they renovated the front half into offices. The builders basically sealed off the upstairs and Theatre 1 and turned the rest into office space. Companies came and went pretty fast without any reason, that was until my friend's father opened an accounting office in the building. He lasted three months and near the end of his time there, he confronted us about the building. We told him our stories and he told us of how his office would be trashed on a daily basis, files would go missing and he could always feel a presence when he was alone late at night. His secretaries, wife and daughter thought he was crazy for moving the office to a new building as they never witnessed anything. Even he thought he had gone crazy, until that one fact was brought to his attention... the ghosts seemed to dislike males.

The building still stands today in the centre of downtown Sarnia... empty. Last time I was home, there were no businesses in the building. Corey and I always joke about going back in. We still have our keys. We are a lot older now, but one fact still remains... the theatre was haunted. I want to go back. I want to get into Theatre 1 again see if the ghosts are still there. I also know if I had the chance, I would probably freeze up and run for home. That place scares the shit out of me!!!



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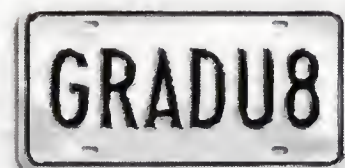
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What do You Think?

We want more input from Laurentian so we are now starting a new section called... What do You Think. Every week we will have a new topic and Laurentian Students can email us if they agree or disagree with the issue. Give us a short opinion and the next week we will show the results with a few student quotes.

This Week's Issue:

Do You Like or Dislike the new Laurentian Logo?



Just email us at
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SPACE FOR RANT ... Letters to the Editor

Dear Lambda

I read one of your papers and I thought it wasn't bad until I read a few articles by Hugh P. I don't remember his last name nor do I want to. He was talking about wrestling and he while reading the article I felt he actually knew what he was talking about. That was until I came across a part in which he says Bad Ass Billy Gunn has never fought any one of HHH's caliber. I seem to recall that before he left, he was beating the Rock and all the other superstar wrestlers. Not only did he go on to insult the Rock and his up coming movie but he also stole one of the lines that the rock made famous. As I read this I was disgusted and thought what kind of paper would have such a contradicting writer writing for it. Other than a few mistakes and that writer, I thought the paper was good.

Juan Sanchez

Editor's Response: what you seem to fail to realize is that when Billy Gunn was fighting The Rock, he was only the IC champion. Billy has never made it past mid-card, which is what Hugh P was pointing out. The other thing that you fail to see is that no one is anywhere near the calibre of HHH, not even The Rock or Stone Cold because... HHH is that damn good!!!

Dear Lambda

I am appalled by the article that ran in your paper last week titled Get in the Ring. Your writer Bryson McCarthy was very offensive and as a self-proclaimed vegan, I ask for an explanation as to why you would allow something like that to run. Animals are tortured, mutilated and killed on a daily basis just to make our lives a little easier. Bryson is a perfect example of a person who only cares about himself and not the world around him. To mock the killing of animals, especially that of a baby seal, is inhuman. I truly hope that what he wrote is not supported in anyway by your paper and you should really think about removing him from your opinion pages. He is offensive, self-righteous and extremely uncaring. I appeal to your decency as an editor and ask that Bryson be removed for less offensive material.

name withheld by request

Editor's Response: If I had a quarter for every time someone wrote or called us asking to have Bryson removed from the paper I wouldn't need this job. Yes, Bryson only really cares about himself, but he is one of the best opinion writers we have ever had! No one has ever caused so much controversy over the years, and every time he does he does it in a damn funny manner. So as for your request to remove Bryson from the paper... I just have to laugh. If you don't like him, read something else. And as for the baby seal comment, you have to try Bryson's char-broiled Baby Seal Burgers... you'll never eat plants again!

SUBMISSION STANDARDS

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

by Keeghan Lachlin
Staff Writer

I'm sorry that I missed you all last week. Our poor editor Mat Thompson had a broken rib or two and that's why you weren't able to bathe in my writing masterpiece. I promise you that I do have something special planned for this week.

Last Friday was supposed to be the show of all shows. The long tradition of the 10 and 11 was supposed to make its ugly appearance and it never did. Some of my UC contacts say it was because rez office had installed fear into the minds of the participants. Others say it was because they have it planned for another event. I say it's because they have no balls.

I have heard the horror stories about what happened after last year's events involving what has been referred to as a "bunch of UC has-beens trying to relive their glory days". I have also talked to my editor about

what really happened in the aftermath and found out that it was pretty much a standoff between the students and the school about who was truly right. It looks like this year the students that live in University College Residence will have to wait and see what lies ahead and to see just when or even if this so-called tradition will take place. The only thing I have left to say is to my friends that live in UC, and that is good luck. I think you're going to need it.

I hope you all had a pleasant hallowe'en this past week. In all honesty, there is nothing more that I hate more than this stupid time of year. The only time that is more commercial is Christmas. I mean come on, adults running around dressing up in costumes? How much more childish can one get? I think that you all need to have your heads examined. Why, you might be asking. It drives me nuts to see society take celebration in hallowe'en. This is not the time to celebrate, to go out and get

candy for your kids. That's not what hallowe'en is all about. The Festival of Samhain is certainly not about dressing up for fun. The whole purpose for dressing up was to ward off the demons and spirits that came from hell to wreak havoc on those who opposed them. The costumes were met to help us blend in with the evil spirits, not to go out and get drunk and party with each other. I think it is quite hilarious how society has turned such a serious event and turned it into commercialism at its best. Think about how much money each and every one of you spent on decorations, candy and even your stinking costumes, and what for? Just so you can get a reaction out of some drunken idiot at a bar. Or a chance at winning some stupid costume contest where the prize is a measly \$10. That's fine. Do what you have to do, but I know that I will be safe whenever the demons return; I can't say the same for all of you. Happy belated hallowe'en.

This University Belongs to the Students Ten Things I Hate About Tories

by Sarah Dean
VP Issues

Last week, Mike Harris was in town for a fundraising dinner. Apparently he doesn't feel his party sucks enough (cash from Ontarians, that is), so he comes here once a year to rally the troops and remind the rest of us that we're worthless, lazy, welfare-cheating, handout-seeking, pepper-spray attracting lumps of crap to whom he has no responsibility whatsoever. In honour of his visit, I thought I would take some time this week to think up ten reasons why I can't stand the Tories. It shouldn't take too long, and guess what? Unlike posters, no one can order that this be taken down!

Yes, that's right, some infantile individual had posters advertising a protest outside the dinner taken down from the Student Centre...you know who you are, and I think I know who you are, too, and I've got to say that I'm not surprised. Facing problems like a grownup has never been your strong suit, but maybe you could shock the hell out of me and come talk to me face to face about it...I'll keep my schedule open. Free speech wins again...read on, maybe you'll learn something.

10) Ontario ranks last of all province in per-student funding for education, and is second-last out of all jurisdictions of North America...we're worse off than MISSISSIPPI for \$%## sake!

9) In 1996-1997, the Tories slashed \$400 million from colleges and universities...guess who paid the difference? If you're not sure, proceed to #8...

8) Tuition in Ontario has gone up 158% for university students and 147% for college students in the last ten years. In the five of those years that the Tories have been in power, tuition at Laurentian has gone up 43.6%...and we're one of the least expensive universities in the country to attend! When I started in 1995, I paid about \$1700 LESS than students pay this year...and guess what?

7) Minimum wage (which is

the best a lot of us can hope for) has not increased once.

6) Over half of all Ontario students need loans to get through school, and they need more every year. In 1992-1993, the average loan per year was \$3182, five years later it was \$7713.

5) Part-time students can't get OSAP.

4) Students with children can't get social assistance while they are in school, it's either stay out of school and in low-income work or on welfare, or go to school and go into hock to get a better life...gosh, those Gucci shoes feel nice when they make contact with your ribs, don't they?

3) You've got to pass a credit check before you're eligible for OSAP...because we all know that students have no intention of paying back their loans. Of course, we have a lower loan default rate than big businesses, but that doesn't matter.

2) The Tories embezzled millions from the Millennium Scholarship Fund to pay for their own loan forgiveness program last year and saved a ton of money doing it. Meanwhile, most students who "received" the scholarship didn't actually see any reduction in their debt and some actually had to pay tax on the gift that wasn't.

1) PRIVATISATION!!! This is the single biggest mistake the Tories have made yet in post secondary education. The legislation is on the table right now, and if it goes through, public education in this province will just be something we tell our kids about the way our parents talk about government grants for students. Dianne Cunningham, Minister of Training, Colleges and Universities, says that letting privately-owned colleges and universities grant degrees in Ontario will give students more choice. WRONG!!! Tuitions at these places is astronomical and there will be no mechanism to ensure quality. Think about it...public colleges and universities are, in theory, owned by every citizen of this province, and we

all have a right to see their budgets, what they charge and how they spend. Private institutions are accountable to their shareholders, no one else. The bottom line at a public institution is quality education (I wish I could say affordability, too, but thanks to the Tories, it just ain't so). The bottom line for a private university is profit. Get the cattle in, get the money, teach them something if there's time, and get them out...before you know it, you've dropped \$40000 to get the same thing you could have had at a public university for about \$15000.

At least, according to the Tories, no public money will go into these "schools"...unless you count OSAP and tax rebates for individuals and corporations who make donations and for businesses that send their employees for retraining. I suck at math, and even I can see that it all adds up to a lot of public money in the pockets of private business owners.

The final insult of this piece of...er...legislation: provision for laws to "crackdown" on students who commit OSAP fraud. Just like with the welfare snitch line the Tories introduced a couple of years ago, the number of people who actually commit student loan fraud is so small, it hardly shows up in the statistics. These laws are a great way to convince the public that we are lazy defrauding leeches who blow all our loans on crap and then lie to get more. Fines proposed range from \$25000 to \$100000. There will likely be some sort of hotline you can call to report your roommate if he shows up with a new TV, maybe they'll even reward folks that report on each other...maybe you can pay your tuition just in rewards from the hotline! It beats trying to pay your tuition in empties! Holy #%*, I think we've found a job creation initiative here!

There you have it, ten of the many things I hate about Tories. As you read this, at this very moment, you're getting screwed by this government...and I doubt they're using protection.

Get in the Ring

by Bryson McCarthy
columnist

It's time once again for me to go off on someone's stupid little ass! I've been nice most of the year so far, but now it's time to show the evil side. Many of you may wonder why. Well, with Federal and Regional elections coming up fast, propaganda and bullshit pop up everywhere. Posters, signs and even pamphlets on cars. I have no problem with this shit usually, but on Monday night my car had a pamphlet from a little psychopath named J. David Popescu claiming he is running in the Regional Elections for, as he states, the "Sudbury Region of Greater Sin". So now do you understand why the ring is open and it's time for an ass-kicking?

"There is only one way out: Honest, Judgmental, Bible Study. Can You Take It?" Actually J., if that is your real initial, I can take anything you can dish out, but can you handle a pissed off Laurentian Student? I will admit, I went to church as a little Bryson and I know quite a bit about the mythology of The Bible. It's a great little story. Water into wine, walking on water, rising from the dead... hey, it would make a killer movie of the week. What I want to know is how do you think you are going to attract voters with lines like "Christ the Creator destroys: he destroys evil people three main ways: war, famine and death", or how about "We are all born Anti-Christ: He forces his way against our will with catastrophes", and my personal

favorites "Unless Jesus forces repentance, He will destroy us here" and "God may forgive: if he doesn't, you will at least find it easier in your damnation." What the hell kind of message are you trying to get across?

Scare tactics don't work around here buddy! You can threaten hellfire and brimstone all you want and you still won't get many votes. Maybe you can scare little old women and the religious brainwashed, but Laurentian students can see right through your bullshit for what you really are. You're just a candidate that has no real standing in the elections so you have to take a view that is going to garner attention and take it to the extreme. Well Q. P. Popcorn, I am the king of twisting shit until it looks good. Bring it on Bible Boy. Why not instead of sending your little flying monkeys to the school to litter with useless pamphlets, why don't you get off (or out from behind) your high horse and meet me. That's right. I'll take you down one on one and show which one of us is hiding behind an epic poem and who has the power of Zeus behind him.

You want attention? Just say the word there ABC. You have touched on the one thing that pisses me off most; people with no thought process of their own. How can a person be elected into a government position when they randomly open a 2000 year old book every morning to hopefully come across a thought for the day. When problems come up are you going to go to your book or are



you going to use the brain that evolved (ohh, I bet that hurts) in your head. Thought process isn't that hard and opening your eyes to the real world would be a step in the right direction.

There is so much more I want to say to you, but it would be so much more fun in person. I know, I can be a bit intimidating at times, and if you are too much of a chicken shit to meet me in person, maybe you could respond on paper. Just don't send me a photocopy of pages 324, 228 and 69 of The Bible because I will now that once again, you cannot think on your own. J. David Popescu, strap on that Bible Belt, put down the Communal wine, splash a little Holy Water on your face and take it like a man. You have been challenged! The ring is open and I am waiting. So J. David, I only have one thing to say... Bryson 8:69 says "Double, Double Toil and Trouble... Fire Burn and Cauldron Bubble... Enter The Ring if you have the balls... And I'll leave blood on the floor, roof and walls!"

Smoke Signals

by Candi Crazyhorse
contributor

Lambda, in it's ever-insightful confection to the student body, has generously created this space for the Native "voice". My mission for this column was vague, at best. "We need someone to keep the school informed about the news and upcoming events of the Native population." I guess I could do that. I have to warn you though, I can't promise to maintain consistency in this column. If there's nothing-new going on I may just choose to voice my opinion on any topic of whim.

I suppose my first responsibility here would be to clarify a few uncertainties surrounding the Native Students' Association (NSA). This November, the Native Studies Department will be celebrating the 25th anniversary of their creation at the University of Sudbury. The Native Studies Student Association was established shortly after. The main goal was to promote an opportunity for social, cultural, and recreational interaction with other associations in the University. The change to the NSA was made in 1994, and was done to further meet the needs of all First Nation Students enrolled at Laurentian, rather than just those in Native Studies Program. Today the NSA is recognized as an autonomous entity within the University, though the original spirit of cross-cultural interaction is essential to its vision.

Separate from the NSA is Native Student Services (NSS). Once a part of the Student Life offices, it is now housed in the old OSAP office. NSS organizes many events throughout the year, and though they may

target Native students, activities are open to all members of Laurentian. The theme for events this year is Lunch and Learn. Come out to workshops and participate, and they feed you. What else could you ask for? The next event will be a Diabetes Workshop on November 1, 2000, in conjunction with Shkagamik-kwe Health Centre. My psychic intuition tells me that they will be serving healthy, non-sugar based foods. But I could be wrong.

And last of all, but by far not the least, Native Awareness Week (NAW) will start November 6, 2000 and run through to November 12, 2000. This is by far my favourite week of the whole school year. This one-week is dedicated to education and enlightenment, for both non-native and Native participants alike. There will be a wide array of workshops ranging in topic from Story telling, Traditional Foods, Throat Singing, and Drumming, to just name a few. There's also a Comedian, a Pub Night with live entertainment, and a Pow Wow on the weekend. I'm sure there'll be a schedule printed in the Lambda in the near future.

I'd like to take this opportunity to digress. Native Awareness Week is a very big production and I can relate through past experience that the NAW Co-ordinator experiences many levels of stress. Well, as an added bonus this year, the NAW Co-ordinator also happens to be the President of the NSA and a full-time student, and believe me the list goes on. I think we should thank Celina Cada for all her efforts and gracious use of her time. Stayed tuned for more Smoke Signals next week.

Native Awareness Week Honouring 7 Generation Past & Future November 6 - 12, 2000

Monday November 6 th , 2000	Tuesday November 7 th , 2000	Wednesday November 8 th , 2000	Thursday November 9 th , 2000	Friday November 10 th , 2000	Sat & Sun November 11 & 12, 2000
⇒ 7:00 P.M. @ Alphonse Raymond Auditorium <u>Opening Ceremonies</u> <u>Keynote Address:</u> ♦ Marilyn Buffalo <u>Entertainment</u> <u>Featuring:</u> ♦ Crystal Lynn Shawanda <u>After...</u> @ Alphonse Raymond Cafeteria <u>Wine & Cheese</u>	9:30 - 12:00 @ Student Centre <u>Native People and the Media/Technology</u> ♦ Facilitator: Darlene Naponse ♦ John Bernard ♦ Chief Joseph Norton ♦ Greg Sutherland 1:00 - 5:00 @ L - 239 <u>Traditional Foods Workshop</u> ♦ Tony Bevan	9:30 - 12:00 @ SGA Commons Room <u>Tradition and Culture Workshop</u> ♦ Marie & Willie Trudeau 12:00 NOON @ L - 239 <u>N.S.A Taco Luncheon</u> 1:30 - 4:00 @ SGA Commons Room <u>Oral Tradition & Traditional Knowledge Workshop</u> ♦ Stephen J. Augustine ⇒ 7:00 P.M. @ Pub Downunder <u>Pub Night Featuring:</u> ♦ Lucie Idout	9:30 - 12:00 @ The T.V. Room <u>#1. Throat Singing Workshop</u> ♦ Sylvia Cloutier ♦ Phanelie Palling @ SGA Commons Room <u>#2. Story Telling Workshop</u> ♦ Jim St. Arnold @ L - 239 <u>#3. Drum Workshop</u> ♦ Don Waboose 12:00 NOON @ The Great Hall ♦ Kanata Dance Troop 1:30 - 4:00 @ The Meeting Room <u>Treaty Rights</u> ♦ Jim St. Arnold *Workshops 1 & 3 from above ⇒ 7:00 P.M. @ The Senator <u>Comedy Night with:</u> ♦ Don Burnstick	<u>Sacred Run moved to Saturday Morning. For more information please call Native Student Services 675-1151 ext. 1051</u> ⇒ 7:30 @ St. Anne des Pins Church, 14 Beech St. <u>University of Sudbury Convocation</u> <u>Honorary Degrees</u> ♦ Conrad Laforce ♦ Roberta Jamieson <u>Graduates Scholarships Awards Refreshments to follow</u>	<u>Sacred Run- From Wahnapiatae First Nation</u> 9:00 - 11:00 @ SGA Commons Room <u>Honouring First Nations Veterans Workshop</u> <u>Monitored by:</u> ♦ Greg Dreaver * workshop on Saturday Only 12:00 NOON <u>Grand Entry Time M.C.:</u> ♦ Greg Dreaver <u>Host Drum:</u> ♦ Smokey Town Singers <u>Guest Drum:</u> ♦ Chi-geezis <u>Head Veteran:</u> ♦ Richard Lyons <u>Female Elder:</u> ♦ Lillian Pitawanakwat <u>Head Dancers:</u> ♦ Jim & Judy St. Arnold <u>Arena Director:</u> ♦ Harvey Thunderchild

Lesser Known Phobias

- Ablutophobia- Fear of washing or bathing.
- Acerophobia- Fear of sourness.
- Aerophobia- Fear of drafts, air swallowing, or airborne noxious substances.
- Alliumphobia- Fear of garlic.
- Allodoxophobia- Fear of opinions.
- Anglophobia- Fear of England, English culture, etc.
- Arachibutyrophobia- Fear of peanut butter sticking to the roof of the mouth.
- Asymmetriphobia- Fear of asymmetrical things.
- Bolshephobia- Fear of Bolsheviks.
- Batonophobia- Fear of plants.
- Cathisophobia- Fear of sitting.
- Chaetophobia- Fear of hair.
- Cibophobia or Sitophobia or Sitiophobia- Fear of food.
- Didaskaleinophobia- Fear of going to school.
- Dutchphobia- Fear of the Dutch.
- Epistemophobia- Fear of knowledge.
- Francophobia- Fear of France, French culture.
- Genuphobia- Fear of knees.
- Geumaphobia or Geumophobia- Fear of taste.
- Graphophobia- Fear of writing or handwriting.
- Hellenologophobia- Fear of Greek terms or complex scientific terminology.
- Hierophobia- Fear of priests or sacred things.
- Hippopotomonstrosesquippedaliophobia- Fear of long words.
- Ideophobia- Fear of ideas.
- Laliophobia or Lalophobia- Fear of speaking.
- Leukophobia- Fear of the color white.
- Levophobia- Fear of things to the left side of the body.
- Logophobia- Fear of words.
- Macrophobia- Fear of long waits.
- Metrophobia- Fear or hatred of poetry.
- Megalophobia- Fear of large things.
- Microphobia- Fear of small things.
- Mnemophobia- Fear of memories.
- Mythophobia- Fear of myths or stories or false statements.
- Nomatophobia- Fear of names.
- Nephophobia- Fear of clouds.
- Octophobia - Fear of the figure 8.
- Olfactophobia- Fear of smells.
- Ommetaphobia or Ommatophobia- Fear of eyes.
- Optophobia- Fear of opening one's eyes.
- Panophobia or Pantophobia- Fear of everything.
- Papyrophobia- Fear of paper.
- Patroiophobia- Fear of heredity.
- Peladophobia- Fear of bald people.
- Phobophobia- Fear of phobias.
- Phronemophobia- Fear of thinking.
- Politicophobia- Fear or abnormal dislike of politicians.
- Scriptophobia- Fear of writing in public.
- Soceraphobia- Fear of parents-in-law.
- Sophophobia- Fear of learning.
- Symbolophobia- Fear of symbolism.
- Symmetriophobia- Fear of symmetry.
- Theologicophobia- Fear of theology.
- Thermophobia- Fear of heat.
- Triskaidekaphobia- Fear of the number 13.
- Verbophobia- Fear of words.
- Vestiphobia- Fear of clothing.
- Xerophobia- Fear of dryness.
- Xylophobia- 1) Fear of wooden objects. 2) Forests.
- Zelophobia- Fear of jealousy.

10 Golden Rules for Coping with Panic

1. Remember that although your feelings and symptoms are frightening, they are neither dangerous nor harmful.
2. Understand that what you are experiencing is merely an exaggeration of your normal reactions to stress.
3. Do not fight your feelings or try to wish them away. The more willing you are to face them, the less intense they will become.
4. Don't add to your panic by thinking about what "might happen." If you find yourself asking, "What if?" tell yourself "So what!"
5. Stay in the present. Be aware of what is happening to you rather than concern yourself with how much worse it might get.
6. Label your fear level from zero to 10 and watch it go up and down. Notice that it doesn't stay at a very high level for more than a few seconds.
7. When you find yourself thinking about fear, change your "what if" thinking. Focus on and perform some simple, manageable task.
8. Notice that when you stop thinking frightening thoughts your anxiety fades.
9. When fear comes, accept it, don't fight it. Wait and give it time to pass. Don't try to escape from it.
10. Be proud of the progress you've made. Think about how good you will feel when the anxiety has passed and you are in total control and at peace.

Things That Go Bump In the Night ...

by Sarah Hamelin
Asst. Features Editor

Before starting this feature, I was on top of the world. As far as I was concerned, I had no phobias, because in reality there aren't really many things I fear. There are things I dislike, but nothing that I would go to the extent of actually avoiding at all costs. But I suppose like all things in this world, it had to come to an end.

I don't have arachnophobia. That seems to be the most common phobia among people nowadays, but why? Are spiders really that dangerous? I don't believe there to be any poisonous spiders in this area, and the worst they really do is bite you, which is no worse than a mosquito bite. Actually, daddy long legs are even more poisonous than spiders (they aren't actually spiders either, they're actually a member of the same family as scorpions, and other six legged insects), but the only reason you never hear of people being poisoned by these little creatures is that their mandibles (teeth, so to speak) are unable to break through our skin. Spiders seem rather harmless now, don't they? I see it that way; I actually negotiate with mine. If they stay out of my way and in those dark corners I don't explore, then I have no problem with them being there. I'll actually admire those few daring ones that will come out in the open in hopes of something greater. That is, before I capture and toss them back out into the cold night.

I'm not claustrophobic either, because I actually love taking elevators. Nor am I afraid of the dark; I actually kinda relish being in it. So what's my phobia? Well I'm a social phobic, which is someone who doesn't like speaking in front of crowds. I will actually go to the extent of avoiding in any and every way possible having to give oral presentations. It's just something I don't like doing, and the thought of doing it can actually cause a panic attack. As a kid, I never had this problem, and it pretty much just blossomed overnight,

like most phobias do.

A phobia is defined as being: "a persistent, abnormal, or irrational fear of a specific thing or situation that compels one to avoid the feared stimulus." Why abnormal? Why irrational? I mean, who's to say that there is no clear cut foundation for the fear being there. But that's where a difference of opinion comes into play. I mean, my fear doesn't seem trivial to others around me, just like at times I might think the same of theirs. It's not as if I frown upon it, or laugh at it, I just sometimes can't see a reason for the fear.

My mother is petrified of snakes, but this is because, when she was a child, her brother dropped one down the back of her dress. To me, it's rather well founded phobia considering the incident scared the living crap out of her. Now, you take a someone who watched a show on poisonous snakes of South East America or something like that, and he jumps and freaks out at the sight of a little green garden snake, well I'm a little less understanding of the source of his phobia.

A clear-cut sign of your phobia is that you'll have a panic attack. It's like the deer-in-headlights syndrome, or the run-like-the-wind one. You're either going to totally freeze up and be unable to move, or you're going to find yourself half way to Florida in about 30 seconds. You tremble, you sweat, and in some cases your voice will have just disappeared like it was never there. This is because your panic attack is also an anxiety attack. Anxiety attacks are brought on by a lack of dopamine in your system. So, even though a confrontation with your biggest fear may bring on a sudden adrenaline rush, it won't necessarily increase your



dopamine production. Quite the opposite actually, it seems to inhibit the production and leaves you like a high-strung wire.

This is where drugs like Valium come into play. For people who have phobias like agoraphobia, where they cannot leave the house without having someone they know and trust with them, Valium can be a very useful tool. The pills secrete a chemical that acts by enhancing the inhibitory actions of the neurotransmitter GABA (gamma-amino butyric acid), which increases the production of dopamine. However the side-effects of the drug can be equally as confining, since some patients have been known to be rather lethargic and drowsy, and in some cases caused a reduction in serotonin levels, which lead to depression. Pros and cons have to be weighed with medication, and should pretty much be left as a solitary last resort.

To me, a phobia is just a part of life. Everyone has one, or two, or three. I have more than one myself, but just because they are there it doesn't mean that I alter my life completely to avoid confrontation with them. You just do what you have to do to keep you sane, and pretty much hope for the best, and with the right kind of luck, you just might conquer it. Or perhaps, if you're lucky, you just might grow out of it on your own.



Phobia Treatments

So you've determined that yes, you have a phobia, and which one it is. So now what? Well surprisingly, there actually are treatments available out there. If you find yourself a victim of specific phobias, in example, you can seek behavior therapy. This is where you meet with a trained therapist and, over time, you learn to confront your feared object/situation in a very carefully planned and gradual way. Through this process, you learn to control the physical reaction to the fear so you can eventu-

ally learn to overcome it. It starts with the person simply imagining the cause of their fear, where once they are comfortable with that they start looking at pictures that show either the object or the situation. Then, once they have mastered this part of the therapy, they will actually come in contact with the source of their fear. By confronting rather than fleeing from the fear, the person will get used to it and surpass their fear and be alleviated of the panic accompanying it.

A similar, but less effective technique, is called flooding, where the person is simply exposed to their fear where there is no means as escape from it, until they are capable of overcoming it. Some patients however cannot handle flooding in any form, so an alternative treatment is an alternative classic conditioning technique called counter-conditioning. In this, the patient is trained

to replace their fear response with a more relaxed one in the presence of the cause of their fear. This takes place in three distinct steps: (1) training the patient to physically relax; (2) establishing an anxiety hierarchy of the stimuli involved; and (3) counter-conditioning relaxation as a response to each of the feared stimuli starting with the least anxiety-provoking and moving then to the next least anxiety-provoking one until all the items on the list have been dealt with successfully.

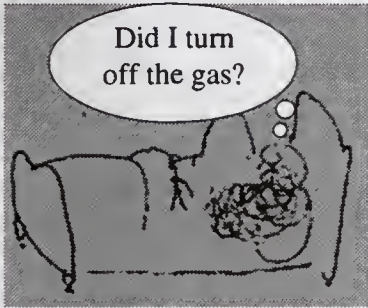
However if neither of these methods seem your type, there are medications that are available for use to control the panic attacks experienced when you're around the source of your phobia. This technique is primarily used in cases of social phobia and agoraphobia, but can be prescribed for most any condition. Do keep in mind though that it's only a temporary cure. Without treatment to surpass your phobia it will not disappear, and with time possibly grow to be even worse.



Do You Have a Phobia?

Sometimes it's hard to tell if you actually have anything that you fear. I mean, sure, people love to boast about how they have no fears; how they're big and tough and nothing scares them. Well, maybe it's more just an issue of them not knowing that something that may trigger a response from them actually could be a phobia. So they don't do that cute little dance that some people do when they see a spider, and they just stomp on the poor thing instead with a simple 'yuck'. Well, it's quite possible that the little spider they just liquified could be a phobia to them. So how to know? Well, there are actually clear-cut symptoms to tell if it's just an annoyance, or something a little deeper.

In most cases of illness or malaise, your body is the best indicator as to if there is a problem or not. Same applies with phobias; there will be a distinct difference between how your body functions most of the time, and how it does when you're around a source of fear. For instance, your heartbeat will speed up tremendously, as will your breathing. When you see people who are claustrophobic on tv in elevators breathing deeply into a paper bag. This is why, because it's quite common for people to hyperventilate in such situations. As well, you'll start sweating buckets, and your muscles will tense to the point of pain and cramping. Dizziness and faintness can also accompany these other symptoms. The list actually reminds me of the 'fight or flight' theory I learned in a psychology class, where your heart rate increases, as does breathing, your mus-



cles will be flooded with oxygen, your pores will begin oozing sweat, and there is pupillary dilation. As you can see, they're actually rather similar. However, if you're being exposed to your phobia on a more frequent basis, you might also experience symptoms such as indigestion and/or diarrhea, as well as those mentioned above.

Unfortunately, lack of identification of the symptoms can lead to a vicious, and more nerve-wracking, cycle. Some people will experience these symptoms, but presume that it means they are sick, like with a flu or cancer, and because of that become even more agitated than they were before. They get highly anxious, hence inducing the frequency of their panic attacks. On the plus side: the panic attacks motivate the person enough to get away from the source of their anguish, or at least for a short period of time.

But, just as your body can indicate that something is wrong, so too can your mind. Your brain is the center of it all, what better to notice a problem sooner and more efficiently? Well, most people will dismiss the symptoms your brain is trying to relay, and because of this it prevents

diagnostic sooner, and only makes the problem get worse the longer it goes undiscovered. Your brain might be telling you something is wrong if you find yourself experiencing feeling of panic, worry, or dread on a rather frequent basis. Fatigue and inability to concentrate can also be contributing factors and clear indications. However, if you didn't go to bed till like 3 am, and just woke up at 7:30, don't misread it into you having some kind of phobic reaction. But if you find you slept plenty of time, and yet you still find yourself tired and that you just didn't sleep well at all, this could be an indicator of a problem. As well, if you slept horribly and are exhausted, you're going to be irritable as all hell. So on its own, or coupled with others, it's an indicator you might want to probe a little deeper into matters.

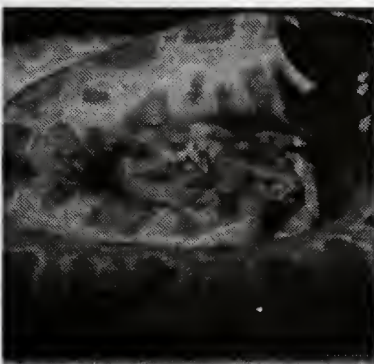
Only once you start looking for a problem will you actually begin the path to figuring out what is wrong, and how to get over it and move on with your life. In some cases, even become a generally more pleasant person. When you do come to the point that you may want to get past your phobia there are treatments out here, and plenty of people willing to help. Now just because you have a phobia it doesn't mean you have to go running for help; the decision is really yours. If you're afraid of spiders, but you can deal with it, then don't worry. However if you're afraid of cracks in the ground, or pens, or thumbtacks, something you can't so easily get over, well then you might want to give it some serious thought.

What Is Your Phobia?

Phobias can fall under three different categories of classification. Just because you've determined that it is indeed a phobia and not a fear, it does not mean that you can't get more specific information on the subject. So the three categories are as follows: agoraphobia, social phobia, and specific phobia.

Agoraphobia is the fear of being alone in an open place (i.e. grocery store, movie theatre) or a situation where escape would be near impossible and help would be unavailable if required. It can be accompanied either with, or without, panic attacks with the former being more frequent in cases of this fear. Sometimes, it gets so severe that people with agoraphobia won't even leave their homes, and when they are eventually forced to, they become very distressed about the task, and will only do so if accompanied by a friend or family member.

Most of the people in this category develop the disorder after suffering either one or more spontaneous panic attacks where they are overwhelmed with feelings of terror, and have symptoms such as sweating, faintness, and shortness of breath. There is no distinct pattern to these attacks nor any warning to their approaching arrival. This makes it near impossible for the person to determine what exactly about their situation or environment is triggering this reaction, and makes the person fear any situation in which an attack may



occur because they presume anything can trigger a future attack. Hence, they avoid like the plague any event or location where a previous attack had taken place, and become recluses in their homes for the most part. As well worth mentioning, two-thirds of those with this disease are women, and symptoms begin to start between the ages of 18 and 35.

Social phobia is where the person fears being watched or being humiliated while doing something in front of other people. Such situations can involve oral presentations, performing, or pretty much anything that would put them in the spotlight, so to speak. As a result of this fear, the person will avoid any situation in which they could possibly have attention placed upon them.

For some, activities such as signing a check, drinking coffee, eating a meal, or even buttoning their coat can be overwhelming. The most common, however, is the fear of speaking in public, and having to endure the attention and judgement

of those watching. However, many can form a generalized fear in which they fear and will avoid interpersonal interactions. In this last case, it makes it very difficult for the person to function properly in a work or school environment, as well as socialize with others. It's common in both sexes, and it will start to develop after puberty, and peak after the age of 30.

Specific phobia is as the name implies a persistent or irrational fear of a specific stimulus which causes the person to avoid that situation or object as much as possible in the future. It has many subtypes, consisting of: animal type, which is the fear of animals, particularly dogs, snakes, insects, and mice. The natural environment type, which is the fear of things such as storms, earthquakes, or even height or water; blood-injection-injury type, that is triggered by witnessing a medical procedure, and/or the sight of blood, needles, or extreme injuries. Situational type is when a person fears such things as public transportation, tunnels, bridges, elevators, flying, driving, or enclosed places (claustrophobia). And other type is more health-conscious, where the person fears things such as choking, vomiting, or the contraction of a disease or illness.

These phobias develop and disappear typically during childhood, but if they don't and they do persist in adulthood, the only way they will be removed is with treatment.

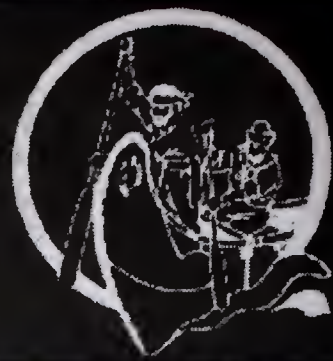
More Common Phobias

- Achluophobia- Fear of darkness.
- Acousticophobia- Fear of noise.
- Acrophobia- Fear of heights.
- Agliophobia- Fear of pain.
- Agoraphobia- Fear of open spaces or of being in crowded, public places like markets. Fear of leaving a safe place.
- Androphobia- Fear of men.
- Anuptaphobia- Fear of staying single.
- Apeirophobia- Fear of infinity.
- Arachnophobia- Fear of spiders.
- Atelophobia- Fear of imperfection.
- Automatonophobia- Fear of ventriloquist's dummies, animatronic creatures, wax statues - anything that falsely represents a sentient being.
- Aviophobia or Aviatophobia- Fear of flying.
- Bathophobia- Fear of depth.
- Belonephobia- Fear of pins and needles. (Aichmophobia)
- Cacophobia- Fear of ugliness.
- Carcinophobia- Fear of cancer.
- Catagelophobia- Fear of being ridiculed.
- Catapadaphobia- Fear of jumping from high and low places.
- Claustrophobia- Fear of confined spaces.
- Cnidophobia- Fear of strings.
- Coimetophobia- Fear of cemeteries.
- Cynophobia- Fear of dogs or rabies.
- Decidophobia- Fear of making decisions.
- Dentophobia- Fear of dentists.
- Dipsophobia- Fear of drinking.
- Dishabiliophobia- Fear of undressing in front of someone.
- Dysmorphophobia- Fear of deformity.
- Dystychiphobia- Fear of accidents.
- Entomophobia- Fear of insects.
- Ergophobia- Fear of work.
- Gerascophobia- Fear of growing old.
- Glossophobia- Fear of speaking in public or of trying to speak.
- Gynephobia or Gynophobia- Fear of women.
- Hemophobia or Hemaphobia or Hematophobia- Fear of blood.
- Herpetophobia- Fear of reptiles or creepy, crawly things.
- Homophobia- Fear of sameness, monotony or of homosexuality or of becoming homosexual.
- Hypnophobia- Fear of sleep or of being hypnotized.
- Kainophobia- Fear of anything new, novelty.
- Kakorrhaphiophobia- Fear of failure or defeat.
- Lilapsophobia- Fear of tornadoes and hurricanes.
- Limnophobia- Fear of lakes.
- Maniaphobia- Fear of insanity.
- Mastigophobia- Fear of punishment.
- Melissophobia- Fear of bees.
- Merinthophobia- Fear of being bound or tied up.
- Nosocomephobia- Fear of hospitals.
- Ochlophobia- Fear of crowds or mobs.
- Ophidiophobia- Fear of snakes.
- Ornithophobia- Fear of birds.
- Paraphobia- Fear of sexual perversion.
- Parasitophobia- Fear of parasites.
- Pediophobia- Fear of dolls.
- Philophobia- Fear of falling in love or being in love.
- Pupaphobia - fear of puppets.
- Pyrophobia- Fear of fire.
- Rupophobia- Fear of dirt.
- Soteriophobia - Fear of dependence on others.
- Spacephobia- Fear of outer space.
- Thanatophobia or Thantophobia- Fear of death or dying.



Are You Pupaphobic? Our Editor Mat Sure Is!
(editor's note: whoever put this picture in the paper is fired!!!
Thunderbirds are evil!!!)

Lambda Sports



Lady Vees Soccer Season Comes to an End...

by Jason Stevenson
Acting Sports Editor

It was one of the last games of the Lady Soccer Vees inaugural season, on October 21st, the Laurentian Lady Vees hosted the Trent Excalibur and defeated them 2-1. Although Trent was the first to score with a goal by Jen Sage that trickled past Laurentian keeper Taycee McNabb, playing her first full game as a net minder. Marissa Zuliani was able to take advantage of a break away off a head shot by one of her teammates and score to tie it up before the conclusion of the first half.

The second half went back and forth with equal effort by both teams, and as the time wound down into injury time, Laurentian was awarded a penalty kick that was taken by Zuliani, who put it past the keeper and right into the bottom right corner of the net to give the Vees the win and earn herself the Player of the Game honours. Lady Vees coach Rob Gallo said that "although this wasn't one of our better games, it is nice to win when you don't play well.. We hope to finish (our inaugural) season tomorrow with a good effort against Queens."

Unfortunately, The Laurentian Lady Vees closed out their inaugural season with a 2-0 loss against a very tough Queen's Golden Gaels team on October 20th, Queens dominated the game offensively, allowing the Lady Vees into the Gael's end and a scoring position only a few times throughout the entire game. Joanna Hackett scored both Gaels goals. However, the score could have been a lot higher if it were not for the strong defensive play by Lady Vee Melissa Renelli who was the Player of the Game for Laurentian, as well as many denied shots by keeper Angelina Rumble. Laurentian Coach Rob Gallo said that "the team was solid everywhere today and kept the score low against a strong team". When asked how he felt about the team's first year efforts he replied, "Although the record doesn't show it, we gained respect. We are an OUA team and should continue to grow in the coming years". The Lady Vees soccer team would like to thank everyone for their support this year, and they hope to see you out again next year.



Photo by Oliver Curwen

Vees Soccer Keeps Tearing up the Field

by Jason Stevenson
Acting Sports Editor

On a glorious October 21st afternoon at the Laurentian soccer field, the Voyageurs Men's Soccer team faced Trent and defeated them 4-1. Laurentian was led by a strong offensive attack from the kick off, and was up 3-0 before the end of the first half. Goal scorers for the Voyageurs were Chris Miles, Gervase Robinson and Rob Fijal (2), who scored his second goal of the game in the last 5 minutes of play to bring the score up to 4-1, and a convincing victory over the Trent Excalibur. Trent scored its only goal of the game in the first few minutes of the second half, and was able to rattle the Voyageurs enough to keep them from playing their strongest defensive game for the remainder of play. Striker Rob Fijal earned Player of the Game honours for his convincing offensive effort against the Excalibur, and helped to bring the Voyageurs record on the season to a respectable 6-2-2. Laurentian coach Carlo Castrechino said that his team "didn't play their best game today...but we are happy with the win and hope to put on a better performance tomorrow against Queens."

The following afternoon, the Voyageurs hosted the Queens Golden Gaels and defeated them 1-0 in what was a very exciting match. Wellsley Robertson rifled a shot in the first half off the crossbar, but it was not to be. The only goal of the game was scored by Lawrence Mahoney mid-

way through the second half, which ultimately won the game for the Voyageurs. Veteran keeper Steve Spano, who was able to keep the game within reach, demonstrated phenomenal goaltending. He was able to keep the rest of the team under control until an opportunity to score presented itself, earning him the Laurentian Player of the Game honours this afternoon. Steve Beites also had a strong effort defensively, controlling the backfield in this very intensive game. Laurentian coach, Carlo Castrechino said that "Queens is a tough team and we are happy with the win.. I am pleased with the better effort turned in today by the (Laurentian) team".

Just a few short days later, the Laurentian Voyageurs closed out their regular season on Tuesday, October 24 with a make-up game against the York Yeomen. In a heartbreaker, the Yeomen captured a 3-0 win over the Vees. As a result of their win, the Yeomen advanced to a playoff against the University of Toronto Varsity Blues. Despite the loss, the Voyageurs still received their playoff berth and faced Queens in Kingston. Goal scorers in the York game were Luke Bakun (2) and Paul Curcio. The play moved back and forth up the field, in what was a somewhat laid back match. The Voyageurs seemed to be experimenting with a variety of combinations in preparation for their playoff game.

Then it was off to Kingston, where the Laurentian Voyageurs de-

feated the Queens Golden Gaels on a balmy October 28th afternoon in quarterfinal playoff action, 4-1 after a shootout. The score was tied 1-1 after regulation play; with the only regulation goal for Laurentian scored by Lawrence Mahoney with 10 minutes remaining in the first half to make it 1-0 for the Voyageurs. Queens was able to tie it up on a goal scored in the last minute of injury time to send the game into overtime, where the score remained tied after two 15-minute halves. Next came the shootout; with Steve Spano in net for the Voyageurs he faced the Golden Gaels best and stopped all three of their shots, while at the other side of the field Laurentian scored on their first three shots. Goal scorers for Laurentian were Chris Miles, Steve Beites and Wellsley Robertson, but earning the Player of the Game honours for Laurentian was keeper Steve Spano who was absolutely fantastic in net and kept the game and a future playoff berth for the Golden Gaels out of reach.

Laurentian Coach Carlo Castrechino said that he couldn't be more ecstatic with the effort put forth today, it was a hard fought match against a great team...I am extremely proud of the team...every single one of the guys played hard. This will send the Voyageurs to Waterloo this weekend to play teams that are still to be determined in semi-final action on Saturday and a possible Ontario final on Sunday.

If you want to help out, or if you have comments or questions about Lambda's Sports Section, please e-mail the Sports Editor at LAMBDA SPORTS@HOTMAIL.COM

Athletes of the Week



Men's Athlete of the Week

Steve Spano, a 4th year Philosophy major from Bradford, Ontario is the obvious winner of this weeks Athlete of the Week. Steve turned in the performance of the year backstopping the Voyageurs to their quarter final play-off win over Queens in Kingston on Saturday. With the score tied 1-1 after regulation and overtime, Steve faced the always exciting penalty kick situation, stopping the first three shots from point blank range. This extravagant performance along with Laurentian scoring on it's first three penalty kicks lifted the Vees to a 4-1 win over Queens.

Female Athlete of the Week

Christie Smith, a 2nd year Biomedical major from Sudbury had another dominating weekend in the pool for Laurentian to give her the honor of Female Athlete of the Week. Capturing first place in the 50m fly, 200m fly, and 400m free against York on Friday and again dominating on Saturday finishing 1st in the 100 m fly, 2nd in the 200m fly and 3rd in the 400m against the defending OUA Champions McMaster University.

Sports

Vees Drown Badgers in Weekend Meet

by Oliver Curwen
contributor

These past few weeks have undoubtedly been busy among Laurentian's Varsity teams, but the hottest attraction had to be the Men's and Women's Swimming Meet held at the Olympic Gold Pool on Saturday, October 21st.

The meet started out on a fun note, with the Rookies showing the visiting Brock Badgers how to have fun in the water. The Brock men should have paid attention as they were sent home cowering with their tails between their legs.

The actual meet events got off to a start with the Women's 4x200 Freestyle Relay. This is a tough event and the visiting team set the mood for the rest of the meet by narrowly defeating the Lady Vees by a mere 3 seconds over the almost ten minute race. Over the course of the meet, the Badgers showed their strength in numbers, posting more swimmers in the majority of the events. The Lady Vees however, were not going to give the visitors that victory so easily.

There was a definite team atmosphere among the Vees' ranks, with all the swimmers lending a hand against a powerful opponent. Rookies Amanda McDougall and Tori Aloisi started the Vees rolling with strong showings in the 200 Back, also a tough event. Veterans Leah Spergel and Melissa Caron posted a 1-2 finish in the next event, the 50m Fly. At this point the two teams were fairly close in points. It wasn't until the 200 Breast that co-Captain Stacey Zembrzycki's second place finish put the Vees at a disadvantage while the visitors crept into the lead with a first and third place finish.

Co-Captain Christie Smith showed the visitors her strength, posting wins in both the 200 Fly and the 400 IM, despite being the only Vee in the events. Other firsts for the Vees



came from Melissa Rydahl in the 50 Back and the 4x100 Medley Relay. Other notable performances came from vets Lesley Berry in the 800 Free (2nd), Spregal in the 100 Breast (2nd), Caron in the 200 Free and Rookies Rydahl (2nd), Aloisi (4th) and Roxanne Lajambe in the 100 Free, and from Lori Strecker and Aloisi in the 50 Back.

The men also posted impressive results over the visiting Badgers, winning the meet hands down. The meet opened with the 4x200 Free Relay with the home team waiting for the visitors to catch up. A win in that relay, followed by a 1-3 placing by co-Captain Collin Forsberg and Vet David Vacchino put the Vees out in front to stay.

Vet Fai Yong easily demolished the field in his event, the 50 Fly, qualifying for February's CIAU Championship Meet already! Congratulations Fai! Vets Andy Kerr and Mike "Major Terer" Colquhoun also posted good times in the event, with Major Teres out-touching Greek Olympian Matt Coutsos for fourth place. Colquhoun also then led the Vees to a second in the 100 Free, with a strong showing by Kerr and rookie Sean Lajeunesse. By the half way mark, it became obvious that the visitors were being sent to the showers early.

Rookie Aleksy Jones was the

meet's dominant Breast Stroker, posting wins in the 200 and 50 Breast. Co-Captain James Corker won the meet's other, the 100 Breast. A member of the crowd remarked, "it's good to see LU Breast-Strokers winning again." This was, of course, in reference to LU Swimming's second most famous export to the world, Alex Baumann and his world record swims.

The 1500 Free was won by Vee Vet Gilbert Duplessis, followed in third by rookie Kirk Flinn. Duplessis also won the tough 400 IM. Co-Captain Forsberg and rookie Jocelyn Grenier took 1st and 2nd in the 200 Fly, while Coutsos was the sole Vee entrant in the 50 Back, winning 3rd. Vets Graham Fry and Colquhoun kept pressure on the visitors in the 200 Free, placing 2nd and 4th, while CIAU Qualifier Yong and vet Coutsos placed 1st and 3rd in the 50 Free. To top off a great meet, the Vees' two 4x100 Medley Relay teams came in 1st and 2nd in the final event.

In spite of an anxious appearance at the weekend meet, Head Coach "Doc" Tihanyi was smiling at the Vees' performance on the inside. He's confident of both teams and is looking forward to the rest of the long season, which ends in February. With performances as we witnessed that weekend, who can do anything but smile with him?

Cross Country Briefs

Laurentian Women Run in Cross Country Invitational

On the afternoon of October 22nd Laurentian had 3 runners entered in the Laurier Cross Country Invitational at Bechtel Park in Waterloo. The race was 4.158 kilometers with 58 competitors and the Lady Vees cross-country team turned in the following results; Christina Puscariu was 4th with a time of 15:45, Natalie LeFort was 6th in 15:52 and Karin Duval was 29th in a time of 17:52.

Vees Have Best OUA Finish in 7 Years

The Women's Cross Country team traveled to Waterloo to compete in the Ontario Championship race October 28th. Laurentian placed 11th out of 16 schools which is the team's best finish in 7 years and 4 spots better than their 15th place finish last year. The Lady Vees finished ahead of Laurier, Trent, RMC, Ottawa and Nipissing with a team score of 277 points.

Top finishers for Laurentian were Cristina Puscariu who was 25th in a time of 19:35.7, Natalie LeFort, 42nd in a time of 20:00.7, Kern Salmoni placing 65th in a time of 21:07.0, Kanine Duval who placed 71st with a time of 21:31.0, Jen Scott was 79th in a time of 21:53.6, Adrienne Chestnut who placed 85th in 22:36, and Knista Bolyea was 92nd in a time of 22:54.1.

Head Coach Dick Moss was very pleased with his Lady Vees efforts today as the team wound up the season on a very high note by turning in their best performance in 7 years.

Men's Intramural Basketball League

by Jenny O and Cassandra Wowk

contributors

This year's Men's Intramural Basketball season has started off with a bang! With a 15-team league, and the amalgamation of both competitive and non-competitive divisions, this year's league is expecting to play over 100 regular season games plus semi finals, and, a full-court final game, complete with game announcer! The Intramural League has taken a different route this year, with its main goal being to focus more on team play rather than individual successes. Individual player points are no longer being tracked, and in its place, is a team scoring competition — the team with the highest, as well as the team with the lowest points scored by the end of the regular season, will receive prizes that have been donated by many of Sudbury's generous local businesses. After week 4 in the 9-week regular season, team U of S leads Pool A with a record of 4-1. The Meat Curtains reign in Pool B with a record of 3-1.

In Pool C sits the only two remaining undefeated teams, the Bad Boozed Bears, with a record of 3-0, and the Jammin' Jesters, also with a record of 3-0. In Pool D, which is proving to be one of the tightest pools in the league, Booya is the front-runner with a record of 2-2. Team U of S has proven early in the season that it is a scoring machine, with 292 total points scored in its first five games. Close behind team U of S are the Meat Curtains, with 243 total points scored in only 4 games played. For season updates and play-off information, watch for postings in the Ben F. Avery Phys. Ed. Centre.

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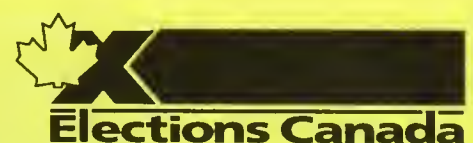
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Body Bonus

Emily Roback
contributor

Many students wonder how they can get rid of the layer of fat growing around their midsection due to drinking. Clearly, it is true that people drink for many different reasons. For many people, physical appearances are important. First impressions can mean everything when meeting another person for the first time. Beer has been known to pack on calories easily, block the body's ability to burn fat properly, and increase appetite. Some simple math calculations can determine how much exercise you need in order to burn off from your intake from the night before.

According to the book, *Physical Fitness: A Way of Life*, Getchell (1979) defines a calorie as a unit of measure for the rate of heat or energy production in the body. Studies have demonstrated that alcohol doesn't contain any fat (exceptions are creamy liqueurs like Bailey's Irish Cream), but does contain 7 calories per gram. This is just slightly lower than fat at 9 calories per gram that was mentioned in my last week's article, *Fat Ain't Bad!* Just like excess calories from any other source, you will gain weight if you add calories from beer to your diet. However, if you were to *replace* food with beer, you will increase your chances of malnutrition. After all, beer is just another source of "empty calories" because it contains very few nutrients.

Studies have shown that an alcoholic beverage such as beer tends to block the body's ability to burn fat properly. While alcohol makes you eat more, the food you eat is absorbed as "nutritionally useless" Here, your beer choice and food intake compete for absorption into the bloodstream, thus absorption of beer and food is slow. During the times of not drinking your body works slowly to remove the alcohol already in the bloodstream rather than your own body's carbohydrates and fats. As a result, any excess fat not burned gets stored in your adipose tissue (ie. your abdomen).

When drunk, your sense of being full is no longer accurate, you can't really figure out if you are really full or not. This can lead to overeating. All it takes is a small quantity of beer to stimulate the production of stomach juices and, therefore, increase your appetite. Also, drinking beer is way of loosening up the body's inhibitions, and is a way of acquiring a "beer belly". The disadvantage is, not everyone appreciates the "extra weight" around the waist. Don't fret, exercising is one great way to get rid of that "beer belly", First it would be good to know how many calories you are taking in when you go out for a couple of beers. In general, there are 150 calories in one 12 oz regular beer and 100 calories for a 12 oz light beer. As for a simple mathematical equation, remember that 3500 calories will always equal one pound (2.2 kg). A one-mile (1.7km) run burns approximately 100 calories. Hey, that is not had burning for one 12 oz light beer!

Depending on if you are the type of person who likes to look at how many Calories you can burn per hour, moderate running will burn off 820 to 1020 calories per hour. This is equivalent to an approximate intake of six to seven regular 12 oz beers or eight to ten light 12 oz beers! Therefore, one hour of moderate running can burn off all the beer that you had the night before! If running is not for you, moderate dancing (370 calories per hour) can work off at least three regular 12oz. beers or almost four light 12 oz. beers in one hour.

Lets say for example, you reduced your level of drinking and got more involved in some form of daily exercise. You would no longer have to worry about that "beer belly" forming on your midsection. Take comfort in the fact that health experts now say that beer taken in moderation can do your body good, by temporarily relieving you from your hectic lifestyle. Too much of anything is bad for you anyway. Besides, we all have to do our part to balance our everyday habits (and the bathroom scale). I must say, if you really want to be a smart beer drinker, hit the dance floor and burn off a couple of beers!

Attention

Pot Bangers



This Week In Voyageur Athletics

WOMEN'S BASKETBALL

November 4, 2000
Southern Ontario vs. Laurentian - 1pm

November 5, 2000
Southern Ontario vs. Laurentian - 1pm

Sports

Lady Vees Go Undeclared at the Laurentian Invitational

by Jason Stevenson
Acting Sports Editor

In their opening game of the Laurentian Invitational, the Lady Vees handily defeated the Brock Badgers 96-78. In the opening half the two teams seemed evenly matched, however Lady Vees sniper Clare Beatty was an offensive powerhouse in the first half with 14 first half points. It was this strong momentum that carried the Vees through to the second half, and saw them outscore the Lady Badgers 46-36. Tierney Hoc, who played a blazing 31 minutes, was able to amass 23 points, and was 8 for 12 from the field while pulling down a team leading 10 boards. Not to be outdone, LU's Shauna Conway forced the Badger to recon with her long ball, dropping 3 for 5 from 3point land, and accounting for 21 points. Lady Vees coach, John Campbell said 'We did a better job defensively in the second half, offensively we moved the ball well'. Sudbury native Shannon Hann, sister to LU alumni Norm and Brad Hann, captured Player of the Game for Brock with 19 points and 9 rebounds. Player of the Game for Laurentian was rookie Tierney Hoo who has done nothing but build a name for herself early on this season, with 23 points and 10 rebounds, it will be interesting to see what else she can do this season, and the years to come.

After beating Brock, the long time rivals of the LU Lady Vees, swaggered there way into the Ben Avery Gym. The Western Mustangs

took the floor, after loosing to Memorial the Mustangs appeared to be "gelded", but coach Campbell and the Lady Vees set out to make sure! The game started with a slow crescendo, some times you had to look at the scoreboard, to actually believe our Lady Vees where indeed winning, at times they did seem a little outplayed. Regardless of how it looked, the Vees held a 42-50 lead at the half, thanks to some strong play by Caitlin "BLACKADDER" and Clare Beatty. It was encouraging to see coach Campbell giving his bench some playing time; I was impressed with the exciting pinpoint passing of rookie Kate Walker. In the end Laurentian pulled away in the games final minutes to defeat the Western Mustangs. Mustangs guard Laura Verbeeten was an offensive force especially from beyond the three-point line. She finished the game with 28 points and received Player of the Game "horrors" for Western. Our field general on this day, was veteran Clara Beatty with 22 points, 7 steals, and 9 board. As well, LU's queen of three's Shauna Conway had a double-double with 15 points and 10 boards; going 3 for 3 from the three point line. Caitlin Blackadder handled the point for Laurentian extremely well, playing almost the entire game, an intense 34 minutes. She distributed the ball well and controlled the offence, finishing with 7 assists and the Lady Vees Player of the Game award.

In the finale of the Laurentian

Invitational, the Memorial Seahawks faced off against the host Laurentian Lady Vees. The first half was a hard fought battle with each team trading baskets for much of it. Out of nowhere Carolyn Plummer of Laurentian stepped up for the Lady Vees with 12 points, going 5 for 8 from the field in the first half alone. The Seahawks shot poorly from the floor, 35%, but went to the free throw line 17 times and were lucky to trail by just one at halftime 31-30. In the second half the Lady Vees came out blazing with an 11-0 run early, Memorial was unable to recover despite the efforts of Ann Murrin and Amy O'Reilly with 16 and 15 points respectively. Clare Beatty had a terrific game overall with an incredible double-double of 19 points and 18 rebounds. First year player Tierney Hoo, impressed the crowd once again, by pouring in 21 points. Coach John Campbell was pleased with his team's performance, "Defensively we pressured them (Memorial) to turn the ball over so that we could get the transition. We also had a good shooting game. Shauna Conway and Clare Beatty put up great numbers." Campbell must also appreciate the depth his team is starting to display, with players like Plummer and Hoo, who have consistently stepped up and filled in vital roles on both offence and defense. Player of the Game for Memorial University was Melissa Skanes who ran the floor well. For the Lady Vees, the honours went to Clare Beatty.

Invitational Men's Basketball Action

by Jason Stevenson
Acting Sports Editor

This past weekend in the Ben Avery Gym, there was on display a veritable cornucopia of basketball talent, as this year's 2000-2001 edition of the Laurentian Voyageurs Men's Basketball team opened the Voyageur Invitational. Our illustrious boys in blue began the tourney by dropping in fine fashion the Sheridan College Bruins by a score of 84-77. The Vees took these college boys a wee bit to light in the first half, letting the bruins dominate the first half and close with a 42-41 lead. The boys came out with a full head of steam in the second however, and took a strong lead early on in the second half and never looked back. Laurentian's own little speed demon led the Vees offensively, Jim Jefferson had 23 points, going 6 for 8 from the field, dropping 3 from the far line over a whopping 32 minutes, earning himself Player of the Game honors. Jermaine Pendley, who played a team leading 36 minutes, dropped down 17 points, had an illustrious 8 steals, 16 assists, a team leading 7 boards and went 7 for 10 from the field. Quite a performance. For those of you out there in Laurentian land who care, the player of the game for Sheridan was Vance King who poured in 16 points in their team's losing effort.

The Vees next game was a bit of a disappointment, it may have been the wine, or the women the night before, but the boys just didn't seem to have it against the Concordia Stingers. In what was

the second game of a men's basketball double-header, two of last year's CIAU Final Eight faced off. The first half was played to the bone, the Stingers Real Kitieu was a force on offense and lead his "little bees" with a team high 10 first half points. Out mighty Vees were almost even with the Stingers at the half trailing 38-36 thanks to 13 points from Jim Jefferson on 5 of 8 shooting. The second half was also hard fought, but Concordia was able to gradually pull away thanks to some impressive defense. The Stingers, the stung Jefferson in the second half and were able to hold him to 1 for 3 from the field; shutting down Jefferson was the key to the Stingers win. Wayne Alexander was the leader for Concordia handling much of the offence, adding 5 assists and going 25 for 28 from the free throw line, and totaling 32 points. Real Kitieu had a double double with 20 points and 10 rebounds and numerous contested shots. Dwayne Burton played very strong defensively as well as contributing 16 points. Jermaine Pendley dished out 17 assists and added 18 points. Jim Jefferson was Player of the Game for Laurentian with a team high 21 points. The Stingers' Alexander was Player of the Game for Concordia with 7 rebounds to go along with his 32 points. In the end we were downed by the "big bees" from Concordia 85-79.

But all was well that ended well, the Vees rose from defeat to conquer the Lakehead

Thunderwolves 85-82 in the final men's game of the Voyageur Invitational. It started fast and scary for Vees, with Lakehead coming out with a quick lead over Laurentian in the first half. The "Tunderwolf" dominating the first half offensively with 54 points, to a pitiful, yes pitiful 42 points by our Laurentian Men. Thankfully Lakehead just didn't have the staying power of the Vees, and were outscored 43-28 in the second half. I don't know what coach said to them at the half, but what ever it was it put a fire in their bellies. In all fairness to our boys Lakehead shot an impressive 66% from the floor while Laurentian shot an average 42%, which is what set them back. The second half was a reversal of the first with Laurentian dominating both in points scored and rebounds, they slowly but surely climbed their way up to take the lead. Leon Sutton and Dwayne Burton had 10 and 8 boards respectively by the end of the game, which was a turning point for the Voyageurs, taking it up a notch to take the win from the Thunderwolves. Earning the Player of the Game for Laurentian was Dwayne Burton who added to his strong performance from last night's game with 22 points, a total of 8 rebounds. Leon Sutton dropped a critical 19 points to bolster the win. It was a strong performance from Sutton that was conspicuously absent in the loss to the Stingers, and made all the difference in this game.

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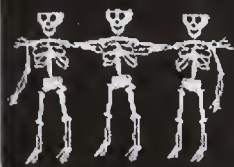
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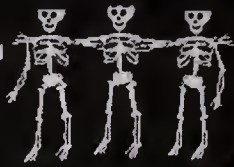
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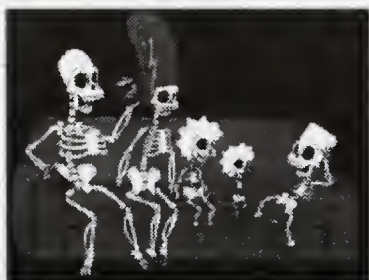
Arts ENTERTAINMENT



Ten Little, Nine Little, Eight Little Sequels 2000

by Mat Thompson
Editor in Chief

It is that time of year once again, time for me to give a run-down of the Horror Movie genre by just how many sequels different horror series' have. This is actually my fourth edition of the Sequels countdown and there are some drastic changes. The recent horror movie explosion has created some pretty interesting sequels as well as new horror series. Another thing that is new this year is that there is actually a number 11! Pretty scary. So here goes... the 2000 edition of my sequels countdown.



11. The Simpson's Treehouse of Horror. I know, it's cheesy, but what Simpson's episode has more people watching than the Treehouse of Horror. Even Lambda's own horror-freak Hugh can't wait to see what horror movie is going to be spoofed each year. They have taken movies like The Exorcist, Nightmare on Elm St., Amityville horror and others and recreated them Simpsons' style. For an animated series, they did a pretty good job of scaring the shit out of little children with the first few. Sure, Homer in 3-D sucked, but so did Friday the 13th Part 8. Not every series is perfect.

10 & 9. Friday the 13th. Am I insane? Why is Friday the 13th at both

10 & 9? Didn't Friday the 13th end at 9 with Jason goes to Hell? Sure, but if you search the net you can find pictures from the filming of the latest installment Jason X. As the story goes, Earth is an uninhabited wasteland. Jason, still dead, is unearthed by a professor and his class from some space university on a field trip to earth. Jason is then brought back to life in space where he once again goes insane killing everything in his way. Sure, it may not compare to the first few in the series, but you just can't keep a good psycho-killer down!

8. Puppet Master. This shocked the shit out of me. For years, I have had Puppet Master at #5, not knowing that there were three more sequels that I had never heard of. Actually, no matter how many sequels this series has I will never watch them because puppets scare the shit out of me! I hate any type of puppet that tries to look real. Ventriloquist dummies, marionettes and especially those evil little Thunderbirds. Sure, puppets are a stupid thing to be afraid of, but come on, the puppets in these movies are brought to life by an evil puppet master who creates his demonic toys from an ancient Egyptian power. The little freaks kill everyone in their path and now even have a series of dolls that people collect. All I can say is this series must be stopped! Eight is enough, and no matter how much you like horror movies, you have to admit that these puppets are evil!!!

7. Nightmare on Elm St., Halloween & the Howling. Seven seems to be the cut off point for many of the big horror series. All three of these



series stopped for some reason at seven, even though most people would like to see them go on. Of course, if you need a little extra Freddy (and if you can find them) there are a series of at least two or three videos that contain episodes of the short lived Freddy's Nightmare television series. I have found one so far, but have heard there are others. Of the three series listed here, only one really stuck with horror all the way through. Sure, Elm St. and Halloween are much more popular, but The Howling series does a great job (with the exception of part 4) of sticking to the true horror genre. Elm St. became too commercial and Halloween seemed to get overly repetitive, but The Howling continued to scare the shit out of people right up to the final installment. **6. Children of the Corn.** Hopefully they have stopped this series now. One was cool, two was a good sequel... then it just went weird! Part 3 took the corn to the city, 5 tried to return to the original but failed and part 666 was a bad way of trying to prolong the series. The only thing really interesting about the series is that #4 was never released in theatres and was pulled from video store shelves within a week of being released. The movie has become impossible to find, sending people like Hugh on an eBay rampage trying to find it. Rumor has it has been found, but I still haven't seen it. This series would have been best left at one, sticking in our memories like Christine and Cujo, but Hollywood loves to kill a good story with too many sequels.

5. Leprechaun & Hellraiser. I can't believe I paid money for it, but I own Leprechaun 5, Leprechaun in the Hood. I thought Leprechaun in Space (#4) was bad enough, but a horror movie starring a Leprechaun and Ice T is just plain bad. And speaking of bad, where the hell did Hellraiser Inferno come from? The other day, I was out looking for movies to buy and I came across a new, straight to video Hellraiser movie. I love the Hellraiser movies and it is a little upsetting to know that this series has been turned straight to video. Pinhead is

one of the last, great psycho killers and now he is just another cheap rental. What is this world coming to?

4. Wishmaster. This is probably one of the cheesier horror movie sets around, but they just completed the filming of both part three and four at the University of Manitoba. Sure, they will probably go straight to video, but the movies have some pretty cool gore in them. If you own a DVD player, you can actually buy both 1 & 2 on the same disc. That may not say much for the series, but I still think it's cool! Just watch for all the little references to other horror movies in #1 and you will know that Wishmaster isn't total horror cheese.

3. Sleepaway Camp & Slumber Party Massacre. This year I figured I would delve into a little classic 80's cheese. Sleepaway Camp is basically a cheesy rip-off of the Friday the 13th series, but it is still great B-grade horror. The same goes for Slumber Party Massacre and their psycho, The Driller Killer. The Slumber Party Massacre movies contain every element of a good horror movie; blood, a freaky killer, strange killings, and the usual teenage sex romps. What else would you expect from a Slumber Party? Oh yeah, the girl from Wings shows up in #2 before she almost got famous.

2. Carrie. A lot of people didn't like Rage, Carrie 2, but it actually is one of the first sequels that doesn't kill the first movie. Rage contin-

ues the story with a girl 20 years later in the same town with the same powers as Carrie White. She visits the old burnt down school, her counselor is the only survivor of the Prom Night Massacre and she has a pretty strong link to Carrie. The story is almost an updated version of the first, but it complements the first very well. Watching the two together is a great night of horror. Carrie is a classic and Rage seemed to remind us just how good the story actually was.

1. I was going to put the hard to find classic Wes Craven's Last house on the Left in this spot, but once I got a hold of the movie, I was disappointed. number one this year goes to my newest acquisition on DVD (straight from Europe), the insane Japanese horror movie **Organ.** This movie played at Cinéfest four years ago and has never been heard from again. Although it is very rare, you have to try to get your hands on this. The movie centres around a cop whose twin brother is mixed up in the underground organ selling market with the Japanese mafia. The movie is the goriest, sickest, most disgusting movie I have ever seen... and I love it! Japanese horror is so off the wall, and Organ is the perfect example! I don't know where a copy of this movie can be obtained as I had to order mine from Europe, but you just have to see this movie. Over 200 people walked out of it at Cinéfest, and most were sick to their stomachs. Find it, try to watch it, and sit back because according to my European source, Organ 2 is being released soon!



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by Mat Thompson

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#2 BEER BOTTLE LEAVE-INS

#1 A PISSED-OFF
FLOOR MATE



PAVING THE WAY

by Hugh Panelas
Staff Writer

Why is it that every person who doesn't like horror movies is so quick to jump the gun about the acting in these films? Generally these are the people that think films like *Forrest Gump* are a masterpiece. Let's examine that one for a moment. Here's a satirical story about a guy that makes it in the rough and tough world despite the fact that he is handicapped. **Tom Hanks** plays the lead role and basically acts stupid throughout the flick and because he has the ability to act like a moron, he wins an award. Is this right, I think not.

Any person that plays the role of a monster in a horror movie not only has to work their ass off to play the character, but also has to sit through agonizing hours of make-up in order to look like the character. When's the last time that any of the award winners have sat in a chair for 3 hours in order to look like something they're not. Ask **Robert Englund** about the nights he actually slept in his Freddy make-up because he had to shoot early the next morning. I haven't seen or ever heard of any other actors in the so-called "real" movie genre that have had to put up with such circumstances. I bet if you did put such demands on people like **Leonardo DiCaprio**, they'd walk off the set.

But seriously people, maybe

before you attack any of the acting in horror movies you should stop and think about who is actually in them. There are quite a lot of well-known and well-respected actors and actresses in this field. You don't believe me? Just pay attention.

When I think of the *Nightmare on Elm Street* series, I think of Freddy Krueger and dreams. That's the first thing that comes to mind. Secondly, I think of the names **Johnny Depp**, **Lawrence Fishburne** and **Patricia Arquette**. That's right, all of them played a role in the series. **Johnny Depp** was actually introduced to the film industry in the first *Nightmare*. **Fishburne** and **Arquette** were in *Nightmare on Elm Street 3: The Dream Warriors*. **Larry**, at the time, played the role of the head nurse at the mental hospital where the film is set. **Arquette** actually plays one of the lead roles in the film. Not bad for three well-known actors.

Friday the 13th had young **Kevin Bacon** on its roster. He played a very small insignificant role in the film, but he was there. Obviously this was one of his first acting jobs because he really doesn't have too many lines to say. Also, the *Friday* series has a handful of soap opera



stars scattered throughout the 9 films.

This is an obvious choice that pretty much everyone knows but to be fair I have to mention her. Who could ever forget about **Jamie Lee Curtis** and her roles in *Halloween*, *Halloween 2* and *Halloween H20*? That's right, she has actually starred in three of the seven films. That's almost fifty percent.

What's the point of all of this? Simply, the next time your boyfriend or girlfriend wants to rent a horror movie, don't be so quick to criticize the movie. Who knows what actor or actress you will see in the movie.

HORRORS... I Think Not

by Hugh Panelas
Staff Writer

I pose this question to you, why is it that people today consider movies such as *Scream*, *I Know What You Did Last Summer*, *Urban Legends* and any of their sequels horror movies? I ponder this question every time a discussion about the best horror movies comes up and some uneducated moron mentions one of these movies.

People, there are certain criteria that a movie must make to be even considered part of the horror genre. Any of the recent so-called slasher movies don't even come close to meeting such standards. Hell, even the *Blair Witch Project* doesn't fit. I would consider that as part of the cult classics area of film. You all must be wondering what rules there are in order for a film to be considered a horror movie. So, here it is:

1. The movie must contain actors or actresses who are unknown at the time. If you look at the *Scream* trilogy there are way too many known performers. People like **David Arquette**, **Neve Campbell** and **Courtney Cox**; I mean who are we kidding? None of these people are going to let themselves get killed in a horror-movie-type action.

2. There is nothing supernatural or unearthly about these movies at all. There are no ghosts, no monsters, no aliens, no nothing. Who cares about some crazy father who is upset about



Horror Movie or Flash-In-the-Pan Hollywood Crap?

his son's death? Who cares if some ex-girlfriend has gone crazy because her boyfriend died while someone was playing a practical joke on him? There MUST be some force that can't be explained by any scientists, doctors or priests that can explain the events.

3. There is absolutely no new content to any of these movies whatsoever. Each of them is just a cheesy rip off of the other. *Scream* comes out with a killer, actually killers, who run around in a Halloween costume. I'll admit it's not a bad idea, but the whole experience was still dodgy. Then *I Know What You Did Last Summer* comes out with a killer that runs around in another costume. Yeah sure, a slicker and hat is different from a white mask and black outfit but it is the same premise. To top it all off *Urban Legends* ends up having a killer that wears a combination of the other two movies. It makes me want to pick up an axe and go buck wild on the damn producers.

4. Most importantly, there must be some degree of skin shown in the movie. I know for a fact that any of the people in any of these movies will never show the degree of nudity that is required to make the film part of the horror movie genre. Sure, they may insinuate nudity but that doesn't work. There has to be the obligatory breast shot or else it doesn't count.

I guess past all of these rules you can always examine the fact that these movies aren't even scary at all. I guess they have their moments, but honestly I laughed through all of them. Not to mention the fact that all of the deaths were simply just throat slashing or strangulation. I'm sorry but all of that stuff went out in the 70's and I find that there is nothing horrifying or even interesting about it. I, for one, want to see blood and guts with really stomach-churning gore. Oh well, perhaps one day soon the world will realize that true horror movies need to make a return.

HORROR SURVIVAL GUIDE

by Hugh Panelas
Staff Writer

The following is a list of tips that I have comprised to help anyone out there who gets themselves into a horror-movie-type of situation. Please heed my warnings as if you do not and you are stuck in one of these jams.

1. If you find out that your house is built on a cemetery, was once used for any type of satanic practices, move out right away.
2. If your children speak to you in any language that they shouldn't know, get away from them as soon as possible.
3. As a general rule, don't solve any puzzles that may possibly open any portals to hell.
4. If you are running from any type of monster, expect to fall down. If you are a female, you are going to fall down many more times. Also, remember that no matter how fast you are running, the monster WILL end up in front of you.
5. If the monster kills your friend, don't stand around. Get away as fast as you can and be thankful that it wasn't you.
6. Always make sure that your car battery is charged, that way it will start in times of emergency.
7. At night, that rustling in the bushes is never some sort of cute little animal. It's the monster and he's going to kill you.
8. No matter how good of a friend they were before hand, if they become undead (zombie or vampire), they will try and eat you.
9. Any objects that are moving in a strange fashion should be considered a warning sign of worse things to come. It isn't a cool thing.
10. If you are in a group and one of your friends goes missing and returns with no signs of concern, get away from them. They are now either the monster or are working with the monster to kill you.
11. Kill the person who suggests that you split up. Eventually they will get you all killed.
12. Nothing is ever over if it is still nighttime.
13. If it seems that you have woken up from a horrible nightmare and it was all just a dream, you are still in grave danger.

If you follow my simple rules, then I'm sure you will all have a chance at surviving any type of situation that may come around. Lastly, just remember to never hide from the monster under any circumstances. He will find you and you will be killed. Good luck!

Every now and again I enjoy venturing, going if you will, to my local cineplex where I proceed to harass fat children as well as watch a movie. I then proceed to review said movie and write a little review for it that I like to call

L.M.L.M.

(Special Halloween Edition)

Well kids it's one of my favorite times of the year. A chance for the ugly population to walk among us without shame, a chance for the sugar-deprived to spaz out for a night..... yes it's Hallowe'en and I'm all a tingle more than that time I drank a bottle of windex. But Hallowe'en is more than just getting treats and scaring the Bejeezus out of your elderly neighbors it's also about scary movies and so I humbly present to you my scary movie picks.

Steel Magnolias: Yep that's right, I don't dick around. I go for the terrifying shit right from the get-go. Anytime you have the likes of Sally Field, Julia Roberts, Shirley Maclean, and Darryl Hannah in a movie you're gonna be screamin' in terror like I did. I'm sure the vast majority of the male population concurs, but if not please feel free to write me about it. Include your name, age, and exactly the last place you think your testicles were (always the easiest way to find them).

Steven King's It: Clowns are not funny. Clowns are scary.

Gremlins: OK let me get this straight. Here we have a creature that if you get it wet or feed it after midnight you will have a ravenous blood-sucking monster on your hands. Here I thought we were talking about a few of my ex-girlfriends for a second.....

Rocky III: What? Mr. T didn't scare you? Cut me some friggin' slack I was like 10 years old!

The Blair Witch Project: The only scary thing about this movie was the line-up at the theatre's washroom because so many people had nausea from the shitty camera work.

Feel free to write in with your own picks but those are mine and I'm stickin' to 'em.

Until next time Laurentian don't form an opinion on movies that's my f*&%ing job.



Scorpio-

Mysterious masked individuals may come knocking at your door this week. If you open the door to them, you may live, or not live, to regret it! Keep your eyes peeled and be on guard! Your mysterious aura will draw in freaks of all kinds!

Sagittarius-

You may begin to think that all your homework piling up is a Halloween nightmare, that your prof is the Devil, and your roommate a ghoul in disguise. Sorry though, that's just life.

Capricorn-

So you've been looking for love lately... Well, as good as it may sound, forget the blind date! You're going to wish he/she was wearing a mask because this face is more frightening than Freddy!

Aquarius-

Moaning and groaning sounds from beyond the grave have been the cause of your sleepless nights. Or have they? Ask your roommate and their lover to sleep somewhere else tonight, and see if your problem gets rectified!

Pisces-

Your psycho friend has been making you nutty lately. Try being nice, and if that doesn't work take them on a late-nite graveyard tour and 'DROP' them off.

Aries-

This week insists that you dress up! Get your face out of the mud and get in the spirit of things! And no matter how big your urge may be to dress up like Michael Jackson... resist, resist, resist!

Taurus-

Bad things may be happening to others around you, but you can be happy in the knowledge that you are quite safe. Probably.

Gemini-

Although life seems good, you must beware the strong possibility that you may meet bad fortune in a plot device, possibly even spending your last moments in a humorous conversation with the Grim Reaper.

Cancer-

The Spooks smile upon you. Beware-it is probably because they know what is going to happen to you next and find it amusing. To them anyway.

Leo-

The devils have been tempting you this week. Resist the urge to concoct evil plans of world dominance, as they will only fail and lose you the respect of your colleagues.

Virgo-

Keep your wits about you this week Virgin! You may think that tossing eggs at Jean Waters' car is a good idea but, nevermind...

Libra-

Expect a knock on your door some late night this week. I'd be extra careful if I were you. Sleep with one eye open. And if you don't believe me, sleep with your door unlocked... I DARE YOU!!!

Death Row Quotes

"You can be a king or a street sweeper, but everyone dances with the Grim Reaper."

Executed in California's gas chamber.

~~ Robert Alton Harris, d. April 21, 1992

"I'd like to thank my family for loving me and taking care of me. And the rest of the world can kiss my ass."

Executed by injection, Texas.

~~ Johnny Frank Garrett, Sr., d. February 11, 1992

"I did not get my Spaghetti-O's, I got spaghetti. I want the press to know this."

Executed by injection, Oklahoma.

~~ Thomas J. Grasso, d. March 20, 1995

"Lock and load. Let's do it."

Executed by injection, Texas.

~~ G. W. Green, d. November 12, 1991

Arts & Entertainment Wrestling Monopoly?

by Hugh Panelas
Staff Writer

In case you haven't heard the news by now Ted Turner is officially out of the wrestling business. That's right, he's sold WCW and has moved on with his life. It's official; the WWF has beaten the competition. Not only have they beaten them they have bought them too. Ok, sit back down and shake the cobwebs out of your heads. What I am saying is not that hard to grasp. Ted Turner has sold the WCW to Vince McMahon. Does that answer your questions as to why Scott Hall and Bret Hart were released? It should. So now Bret has retired and I say good. I was tired of his whining anyways. As for Scott Hall, he isn't too hard to find. Just call up the jailhouse and you'll find him there rotting in a cell for parole violation. Seems he finally got arrested for damaging a few rental cars awhile back. Maybe the time in the pen will sober his ass up. Since I have in a way touched base on WCW I will also take the time to address a certain letter that was left for me under the Lambda office door earlier last week.

Seems that someone out there feels that I have not been giving WCW a fair chance in my articles. If he or she has actually read the articles like they state that they have then they would realize that I hate the WCW and really don't care to waste time talking about it. I say he or she because the person was kind enough to refer to me as a "Vince McMahon ass-kisser, which has been brain-washed by the WWF machine." I love the feedback my friend but I hate to be the one to break it to you, you're only going to see HARD NOSED, TALENTLOADED WWFACTION because your precious little WCW has been sold to the Vince who's ass I apparently kiss. You better get used to having fresh, new stories because Russo is about to get fired and a whole bunch of that so-called wrestling talent as you refer to it is about to get the axe to the head. Perhaps they can join Juvy on the unemployment line. The person who wrote this letter also goes on to state that WCW has such young talent as "Billy Kidman, Lance Storm, Mike Awesome, Booker T and the best heel in wrestling Scott Steiner." I shit you not folks; I have the letter in my hand right now. So let's see, Billy Kidman. Honestly he really hasn't done anything that X-Pac hasn't done. As far as Lance Storm, I like the guy but his finisher is horrible. Mike Awesome, well that 70's guy needs a gimmick that he didn't steal from a FOX tv show and as far as Booker T, well it seems to me that he has stolen the Rock's gimmick quite well. That brings me to Scott Steiner. Best heel in wrestling eh? Sure, not bad for a 40 year old juice pig. How many



**Sting's New Look or Vince McMahon...
Professional Wrestling's Newest Psycho Slasher?**

needles did it take for him to get that big? Besides, WCW has been trying to put him over like the Bionic-Boy Steve Austin.

Another thing that really struck me odd was how this person commented on ECW. Last time I checked they lost their national tv spot and aren't even on any networks. I don't feel that I have to comment on any cable access wrestling federation. If I were to do that then I would be here all night. Do you have any idea how many garage wrestling shows there are in North America? Get with it buddy.

Anyways, it's time to move on. The whole world knows buy now that Kurt Angle, the best technical wrestler in the world today has beaten the Rock thus making him the People's Champ. I loved seeing Angle lift up the 400 pounds of Rikishi's ass and Olympic slamming it to the mat. The only thing better than that was when he did the same thing to the Rock followed by the good old 1-2-3 in the center of the ring. I was quite impressed by the way Kurt handled himself. It's a shame that this title reign of his won't last too long. I feel that he's going to give it up quickly.

All in all I am impressed with the way that the WWF has been going with their stories. Although I must say that there really hasn't been a mind boggling RAW in a long time. I miss the times when I couldn't wait for RAW to start. Don't get me wrong; it still has its moments. But why are us wrestling fans forced to watch a great match only to have it followed up with a William Regal rant or a fat, naked Godwin brother

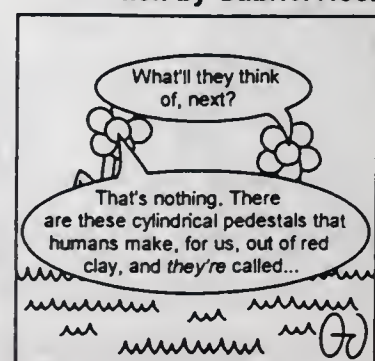
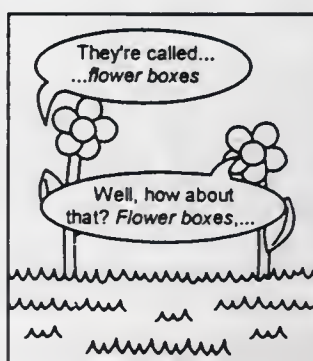
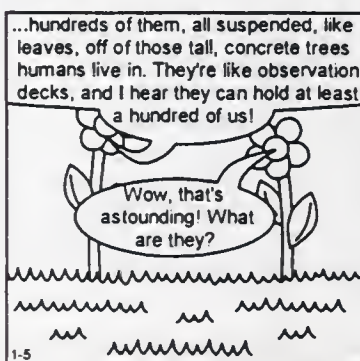
running around the arena? What happened to the good old days when RAW was action packed from start to finish?

I know that I have harped on Steve Austin for a while now but I guess it is time to suck it up and give the man his dues. I think that it is an awesome thing for him to have come back to wrestling after sustaining a major injury like he did. It's good to see that he is getting back into pretty good shape too. I noticed on RAW that the only six-pack he was carrying wasn't just in his hands. It's good to see the old rattlesnake back in action. I also love the fact that the WWF are handling him like a mid card performer until he's 100%.

Speaking of recoveries, I was shocked to see that the Undertaker was back so soon. I mean he did almost break William Regal's neck, but I was happy to see him back out there. Word has it that he may switch back to his Lord of Darkness gimmick before he calls it quits. I hope that's true because I think I'm the only person who loves it. It just messes with society so well. I love how people freak out about the things they don't know about.

Did you all notice that Tori has returned as well. I loved the way that she slapped X-Pac in a crowded bar. He has a major problem now. His meal ticket has been placed into another storyline and now it will be interesting to see what the WWF does with him. Perhaps he will be swept under the carpet like the Road Dogg. That would be such a shame, yeah right.

FIELD



Written by Gabriel Noël

Slice and Dice

by Hugh Panelas
Staff Writer

I'm not sure about all of you but I know my favorite part of a horror movie is when the young, innocent, ample-chested hottie gets sliced and diced by whatever slasher is chasing them in the movie. Oh who am I kidding, for those of you who really know me, you should know that it doesn't matter who it is, just as long as someone gets murdered in a very bloody and horrific fashion. That's what makes the movie for me, lots of gore and a high death count. That's about it. What I have done here for all of you is put a list of my favorite horror movie deaths. That way if you are just as twisted as I am, you can run out and rent the movies to see what I love.

Dawn of the Dead

This can be a painful movie to watch. You have to be in a fun mood or else you'll never make it through the two hours of zombie mayhem. This movie is rather boring, the plot isn't very interesting and the acting is bad, but the zombies do go to town on anyone they can get their hands on. Towards the end of the film, about 15 zombies rip apart a biker whose gang crashes into a mall where the main characters are hiding out. The scene is great. Picture a man lying on his back and four or five zombies just ripping his legs and intestines from his body. Awesome stuff. After that, the remaining zombies proceed to eat his flesh off his body while he's lying there screaming.

Halloween 2

Michael Myers takes an honorable mention here with his killing of nurse Karen. Halloween 2 is set in the hospital where Lorie Strode is taken after part one. Michael tracks her down and continues his murdering spree in the hospital. In this scene he turns up the temperature in one of

the physiotherapy tubs to the point where it is boiling. Poor nurse Karen becomes his victim as Michael grabs her by the hair and forces her face into the tub. He drowns her in the tub over a 5 minute time period, periodically lifting her head out of the tub to show the camera how her skin was being boiled off of her face. Pretty cool stuff.

Halloween 6: The Curse of Michael Myers

Finally, Michael gets his hands on his niece Jamie in the beginning of this movie. After chasing her out of the mental hospital he corners her in an old farmhouse. Michael then proceeds to throw her on a piece of farm equipment that has four spikes coming out of it. He then turns the machine on and it rips through her flesh like scissors through paper. The scene has lots of blood and is quite amusing as Michael stands there and watches his own blood die.

A Nightmare on Elm Street

This series is my all-time favorite. No horror movie will ever make me feel the way I do when I watch an Elm Street movie. I absolutely love Freddy. I love the way that he plays on people's fears in their nightmares. I love the fact that he adds personality to his victim's deaths. All in all, Freddy kicks ass. I feel that Glen Lantz's death in this movie is one of the greatest. Glen gets sucked into his bed only to be slashed up by Freddy. After Glen has been all shredded up like a carrot in a blender, his liquefied self is spewed up out of the bed and across the ceiling. I absolutely love this death scene.

Friday the 13th

Mrs. Voorhees out does her-

self in this scene as she follows Marcie into the camp's female washroom. Just as Marcie is sure that there is someone in the shower playing a trick on her, wham! Mrs. Voorhees splits her face in two as she drives an axe into her young flesh. What makes this scene so good is that as Marcie's body falls to the floor it's in slow motion. It really gives the viewers a chance to appreciate the damage that Mrs. Voorhees has done.

Jason Goes to Hell: The Final Friday

This time, it was Jason's turn to impress me. At this point I have seen him kill all kinds of people but I think this is my personal favorite. After everyone in the USA is convinced that Jason is dead they get too casual. Three teenagers think that it would be a good idea to go camping on the old Camp Crystal Lake grounds. As two of the campers are having sex, girl on top, Jason strikes. He walks up behind the tent and stabs the girl with one of the tent spikes. He then lifts the spike up through her body splitting her in two. Oh well, what a way to go.

After reading this, you are all probably thinking that I am a pretty sick individual. After all, here's a guy who seems to enjoy watching people die at the hands of supernatural slayers. Well, you're all right. I live for this stuff. I hope from now on you will all sit back and not be scared or grossed out by a horror movie death scene. Sit back and enjoy it; it's great fun. Besides, it's not like it's you or anything.



The Guide to Evil Henchmen

Classic Thugs

The classic thug has been the favored choice of criminal masterminds for decades. Be they mobsters with itchy trigger fingers or gangs of unwashed ruffians, nothing inspires fear quite like the hired goon. They can usually be trained to perform simple tasks, such as "Bring me the money", and "Kill the heroes." But perhaps more than that, thugs are a nostalgia choice, and will bring tears to the eyes of evil-doers everywhere. They are also dime-a-dozen, so don't feel too bad if they happen to die off rather quickly.

Corporate Cronies

Corporate cronies are excellent henchmen for dealing with the economic world and fulfilling all your big business needs. Perfect for corporate connivings and hostile takeovers, these insidious businessmen are completely without conscience or mercy. They will cheerfully destroy people's lives for you through simple executive decisions, and eagerly engage in the destruction of small business. They also tend to go with the décor of a corporate skyscraper, so you won't have to change the wallpaper or anything.

Mad Scientists

Mad scientists are a perfect choice for the evil-doer who needs a lot of hi-tech gizmos for his sinister schemes. Gifted with an amazing ability to invent whatever doomsday device you might need, these crackpot inventors are sadly misunderstood and have been panned by the media too long. Just give them a private lab and millions of dollars of pentagon funding, and they will create whatever mad weapon you deem necessary to make the world safe for democracy (or destroy it).

Mutant Race

For the evil genius who likes messing with god's creation, mutant races can be an excellent choice to despoil the world. Be they cat people, fish people, alligator people, or walking tree people, these hybrid races make excellent minions while you plot to create a better earth. Particularly suited to living on desert islands, these creatures can be the children you never had, though it must be noted that they have an unfortunate tendency to rebel against their master. It is thus suggested you install a doomsday gene in them that will kill them all with the push of a button. That'll learn 'em.

Robot Warriors

Robot warriors are another superb option, giving the evil-doer an unstoppable army of machines unhampered by such weaknesses as mercy or compassion. They will serve you unquestioningly and without fear, plus whenever one is destroyed you can just wheel out ten more on the assembly line. We feel it is our duty, however, to inform you that elementary chaos theory states all robots will eventually rise up and destroy their human masters. They're funny like that.

Supernatural Creatures

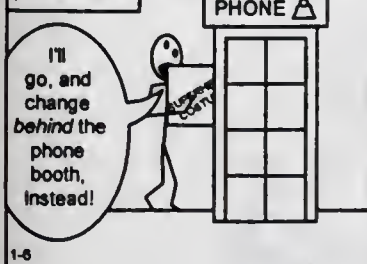
Dabblers in the black arts also have the possibility of summoning up a wide variety of supernatural creatures. There are many different horrors to choose from, including gargoyles, demons, and shambling creatures from beyond. Getting them to do what you want shouldn't be too big a problem, as they are usually quite amiable as long as you agree to help them fulfill their bloodlust. Useful for their superhuman strength and magical powers, you just can't go wrong with supernatural creatures. (Unless they escape your control and eat you.)

The Religious Right

Perhaps the most fearsome, horrendous, and truly evil of all possible henchmen, the religious right can be a nightmarish addition to any demented madman's army. Renowned for their savagery and horrifying ability to distribute religious pamphlets, these insidious individuals work with a ferociousness that rivals Latin American death squads. They inspire terror by their very presence, and yet it must be noted one should not enter into an alliance with them lightly. Due to their mind-numbingly psychotic nature, the evil genius may find himself out-eviled even by them.

ECONOMY MAN®

Our hero is in a quandary; he seeks to change into his costume, in private, and refuses to do so, inside a windowed phone booth.



Written by Gabriel Noël



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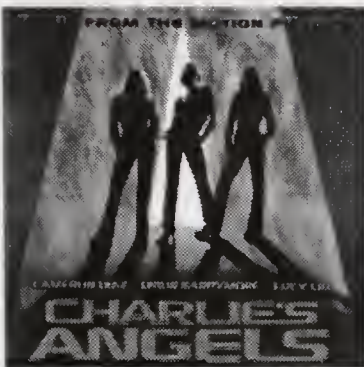
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MUSIC FOR THE MASSES

Reviews by Mat Thompson

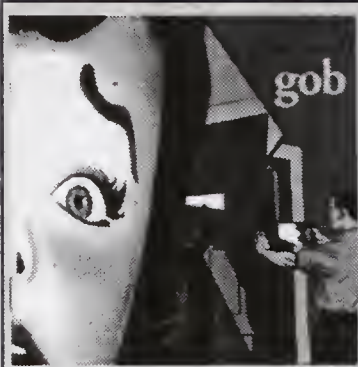


Charlie's Angels Soundtrack

From the look of it this is the biggest over-blown movie of the year. The cast is one I would never pick to be the new angels, and the soundtrack is full of music that I never would have ever paid for. Sure, there are a few good tracks, but overall, it's not that good.

The only redeeming qualities the soundtrack has is the already over-played *Independent Women* by Destiny's Child, *Baby's Got Back*, new *Fatboy Slim* and *Apollo Four-Fourty* tracks and a great new song by *Aerosmith* titled *Angel's Eye*. Beyond that, the soundtrack is full of retro crap like *Spandau Ballet*, *Heart*, *The Vapors*, *Marvin Gaye* and the ever-so crappy *Deee-Lite*. It is almost torturous trying to get to the good stuff when the worst 80's music is plugging up the disc.

Sure, maybe the pictures of the Angels on the CD booklet make up for the bad soundtrack somewhat, and there is a new song by *Aerosmith* (true rock gods), but all in all, I wouldn't actually pay for this soundtrack. There will definitely be a single for *Independent Women* that will save you a few bucks. I recommend buying the single instead.



The World According To Gob

After the very commercial success of their remake of the Stones classic *Paint It Black*, Vancouver punk rockers *Gob* have released yet another album for their fans. Actually, if you are a fan of *Gob* there is a chance you won't like the album, but if you are a new listener you may like it.

Sure, that sounded weird, but on *The World According to Gob*, the band seems to have toned their sound down to fit into the alternative punk genre that seems so popular and have lost their old, classic hard punk sound. The new sound is good, and will probably get them pretty far, but the mainstream success of *Paint It Black* has turned them into a *Green Day*, *Blink 182* style band instead of Western Canada's nasty little punk secret.

The album contains 14 tracks which I have to admit are good, but it just isn't the *Gob* I was expecting. The new single *Hear you Calling* really shows their evolution into their new sound, but it still holds on to the old power guitar days at points. If you like the first single, you will probably like the album. As for true *Gob* fans, you may not be as lucky!



Rockell - Instant Pleasure

I thought I had heard it all, but then along comes an album in which someone songs a club/dance version of Garth Brooks' *The Dance*. Sure, there have been a lot of strange songs turned into dance songs (total Eclipse of the Heart being one), but a Garth song... I don't know.

Rockell is actually a pretty well received dance-pop artist hailing from New York hoping to cash in on the whole dance-pop craze. Her sound is actually pretty good, and wouldn't be too bad for play at The Pub, but her bio claiming her music is popular at clubs is a little stretch. She is good, but she really doesn't stand out. Maybe the whole Garth thing is her way of getting noticed, but without that attention grabber I am pretty sure Rockell would fade into the background pretty fast.

The album contains 12 tracks that range from dance-pop to R&B without much notice. What she needs is a big break out song, and with this album I don't know if she will get it. I could be wrong, but Rockell won't hit stardom with this album. If you need another dance album, check it out, but there are a million others out there that are pretty much the same.

Everlast - Eat At Whitey's

If there was one artist that encompasses everything that music and art is, it has to be Everlast. There is no other artist today that can bridge the gap between every single style of music and make it some of the most sought-after tracks around. If you don't know what I am talking about, just pick up the *Eat At Whitey's* album and you will understand perfectly.

What is amazing about Everlast is that just two years ago, he was hospitalized due to a nearly fatal torn aorta. It was the last day of recording his first solo album, *Whitey Ford Sings the Blues*. Thanks to modern medicine and an artificial valve pumping away under all his distinctive tattoos, two years later fans can now pick up probably one of the best albums of the year.

What makes *Eat At Whitey's* stand out so much is the culmination of many different aspects of music into one, dark, yet extremely soothing sound. The album contains 13 tracks that cover all the bases in music. The main sound that stands out is a very modern, and deeply brooding blues sound. It isn't your typical BB King blues, but it is a modern blues that can't be described as anything but blues for the new millennium.

It is hard to choose a favorite track as every one stands strongly on its own. Everlast's rap/hip hop roots shine through on *Deadly Assassins* featuring *B-Real* and *One Two* featuring *Kurupt*, while his country blues side comes out on the track *We're All Gonna Die* featuring *Cee-Lo*. On several tracks Everlast is joined by female vocalist *N'Dea Davenport* (*One and The Same* and *Love For Real*) and the legendary *Merry Clayton* (*Rolling Stones' Gimme Shelter*) on probably the best track of the album *Black Coffee*.

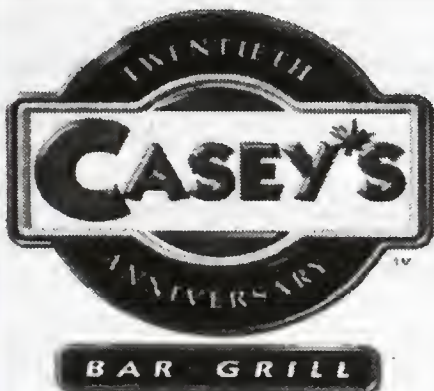


One small problem that I have with this album is that *Carlos Santana's* over-played, over-the-hill ass shows up once again. I guess the deal was that these bands were to sing with him to make him popular, then he gets to show up on their albums to try to hold on to his retro-fame. I'll admit that the track *Babylon Feeling* is a great track, but the guitar work really doesn't stand out as something special.

The final track on the album is also a very interesting song as it delves into many of Everlast's beliefs, including his conversion to the Muslim faith. The track, titled *Graves to Dig*, is a very powerful song, not just musically, but lyrically. Just like *Black Jesus*, *Graves To Dig* hits on a lot of religious themes and aspects.

Probably the one thing that makes this album stand out so much to me is Everlast's vocals. Although his voice is deep and rough, it stands out and draws you in. The music seems more real and personal coming from such a strong vocalist.

So if you haven't figured it out by now I am recommending that everyone go out and get this album! This is an album that was created for the fans and the artist, not for the money and fame. The more you listen to *Eat At Whitey's*, the more personal it seems. Check the album out and remember these words from Everlast... "If it ain't from the heart, then it can't be art..."



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Are You Afraid of the Paths?

by Jason Knight
contributor



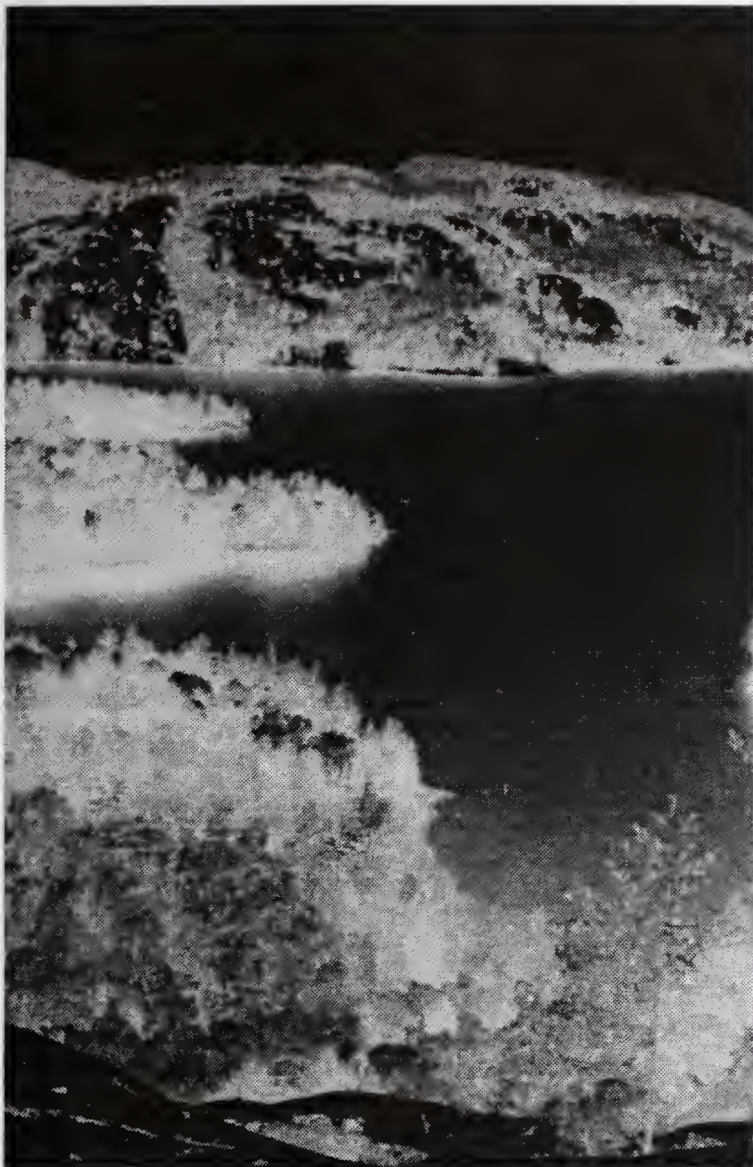
As an off-campus student, I walk the paths through the campus of Laurentian every day and night. It can get pretty strange back there in the dark, but not many people actually know the history of the paths. I, along with other Laurentian students, have noticed a strange and bizarre sight at night. Many people who walk the paths pay little attention to whom they are passing. There is one person in particular who should stand out in the minds of many students. He walks the paths at night, runs through the woods and has even been seen at the beach. Many of you know who it is that I'm talking about, the man who wears all black and carries a candle in his hands that never seems to blow out even on the windiest nights.

I have seen this ghost a few times, not really paying any attention to it...until last week. As I walked the path, a person came out of the woods carrying some sort of light in his hands. He ran right in front of me and proceeded to jump off the cliff toward the water. When I went to see what it was, there was no sign of the person or the light. It took a lot of research into the history of Laurentian and the surrounding area, but I was able to find out many facts on the story of Richard Avery. Many people were quick to cover up the story or deny it completely, but area sources have given me information I needed to bring you the myth of Richard's untimely death.

It was Devil's Night, 1967, and the pub was having one of its Pre-Hallowe'en parties. Everyone was dressed up in costumes celebrating the Day of the Dead, and the upcoming All Hallow's Eve. There was drinking, live music, prizes for the best costumes, bobbing for body parts and other pub games for the students. It just seemed like an ordinary night at the pub.

Around 11:30, a group of friends decided to leave The Pub early to take their dates for a walk along the dark and eerie paths of Laurentian. The group of six, as legend has it, ended up on the small cliffs overlooking the beach just off the back path. The guys, including Richard, were telling stories trying to scare their dates. The guys started messing around and were threatening to throw their dates and each other off the cliff as a sacrifice to the dead. The girls screamed as the guys proceeded to push each other and chant to the supposed spirits surrounding them. All six had quite a bit to drink that evening, and not knowing what they were actually doing, one of the boys (who requested to remain nameless in this article) shoved Richard off the cliff.

As Richard struck bottom, it is believed that he died instantly. The girls went crazy as the guys tried to climb down to the lifeless body. In the drunken state they were in, they could not reach Richard. Not knowing what to do, or how they were going to explain it to the university, they all returned to their residence, vowing to each other not to say a word to anyone. Three days later, Richard's body was found by a student walking to school through the back path. The university and local police (who had no comment for this article) conducted a search to find out



The Exact Spot Richard Avery Died

exactly what had happened. The true story was never recovered and it was thought that Richard went for a walk alone, and in an impaired state, fell off the cliff to his death.

It was one year later when Richard's girlfriend, Julie, returned to the scene that the truth came out. Julie had heard stories about a person who supposedly walks the paths of the campus every night dressed all in black. She was positive it was Richard and wanted to see him again. The story differs from many sources at this point since there was never an actual eyewitness that would come forward. It is believed that Julie returned on Devil's Night. As she walked to the edge of the cliff that claimed her boyfriend one year earlier, she placed a candle on the edge and lit it to let Richard know that she had returned. No one knows for sure if Richard appeared to Julie or not, but she either leapt, fell or was pushed to her death from the exact spot as her boyfriend one year earlier.

The main legend (from sources close to the area at the time) tells that Julie saw Richard, and overcome with fear and guilt, fell to her death below. Richard, not being able to reach her in time, picked up the candle and went to the bottom of the cliff to try to help her. It was no use, as Julie had died instantly. Richard

never got to tell Julie that his death was not her fault, and now walks the paths of Laurentian trying to find her spirit amongst the living.

Over the years, the story has been buried by the university. Many students have come forward trying to find out who it is haunting the paths, but are just told that they're imagining things. The police file and coroners records on both deaths are locked up beyond the reach of ordinary civilians. No one in the area will actually admit to knowing facts on the story, but some were willing to point me in the right direction.

Many students including myself have seen Richard walking the paths at night. Sometimes he will avoid people by darting into the woods and watching them from behind the trees, and sometimes he will walk right up to and even through the person, trying to find the lost soul of Julie. Devil's Night is the night when Richard can be seen atop the cliff, holding his lit candle high above his head. But as legend has it, to this day you could be walking the paths at night and find out that you are not alone. Richard is not there to harm you; he is just searching the lonely paths. Next time you walk the paths at night, be aware, somewhere Richard is watching, looking out for the soul of his lost love.



**HAPPY
EVERYTHING!!!**

**Now Leave Me Alone
Until Next Year!**

Recipes for the Overstressed Student

by Heidi Ulrichsen
Staff Writer

Have you ever wished that you were smarter? At a time when most LU students' brain cells are constantly being squeezed by writing 3000-word essays, solving impossible Calculus problems, and taking midterms, I am sure many students would love to procure a few extra IQ points. Luckily, studies have shown that regularly including certain foods in our diets can significantly enhance the function of our brains.

For example, fish and shellfish contain high levels of docosahexanoic acid (DHA), a long-chain polyunsaturated Omega-3 fatty acid that is essential for mental function. Not only is the DHA found in fish associated with the increase in flexibility of brain cell membranes, it is also believed to promote visual acuity. In addition, including fruits and vegetables in our diets can improve brain function because they contain antioxidants. Antioxidants protect brain cells from a variety of environmental and metabolic assaults, and decrease the decline of mental function. Studies have shown that spinach and strawberries are the two foods containing the highest levels of antioxidants. The recipes below have been chosen to help LU students achieve their optimal brain function.

Strawberry Fruit Shake

- 1/2 cup quartered strawberries
- 1 medium banana
- 1/2 cup pineapple or mango chunks
- 3/4 cup orange juice
- 1 cup ice cubes

Place all the ingredients into a blender, and puree until thick and smooth.

Whitefish with White Wine and Peppercorns

- 1/4 cup lemon juice
- 1/2 cup white wine or white wine vinegar
- 2 cloves garlic, chopped or 1/2 tsp. garlic powder
- 1 1/2 tsp. sugar
- 1/4 tsp. salt
- 1 1/2 pounds fresh whitefish fillets, skinned
- 2 tbsp. cracked black peppercorns
- 1/2 cup fish stock or water
- 1/2 tsp. thyme

In a large bowl or bag, combine first five ingredients to make a marinade. Place fillets in the bag or bowl and marinate in the fridge for 4 hours. Remove fillets from marinade, pat dry, and sprinkle with pepper on both sides. Broil the fillets with marinade for about 3 minutes on each side. Add stock and thyme to marinade while fish is cooking.

Poetry Corner

Welcome to the Poetry Corner. My name is Andrea and I'm hoping to run this particular feature this year which is open to all students who wish to contribute. Submissions can be made to the Lambda office at SCE-301 above the Student Centre or to the email account at lbmdapub@hotmail.com as marked for "The Poetry Corner". Don't be afraid to volunteer your work, and we look forward to hearing from you.

And now for this week's offering:

The Temptation

A gentle breeze across the field.
A small chill invades my soul.
I feel as though I am going to make a deal,
For my spirit, my soul, my heart.
All to deal with the devil.

He is strong, yet powerful.
He knows all as does an enemy.
The desire grows within.
Suddenly he appears,
Knowing his timing is right.

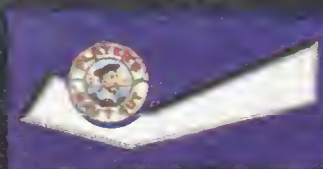
I'm no longer the saint I was before.
I've given my soul to him.
For the one thing,
Just to hold on,

It's your world

On track: likes the intensity at 15,000 rpm.

Off track: same deal.
Only at 15,000 ft.

Josh Freund
Player's Racing
Team member



Team Player's
RACING IN THE C.A.R.T. SERIES